

Om DIVINE INSIGHTS

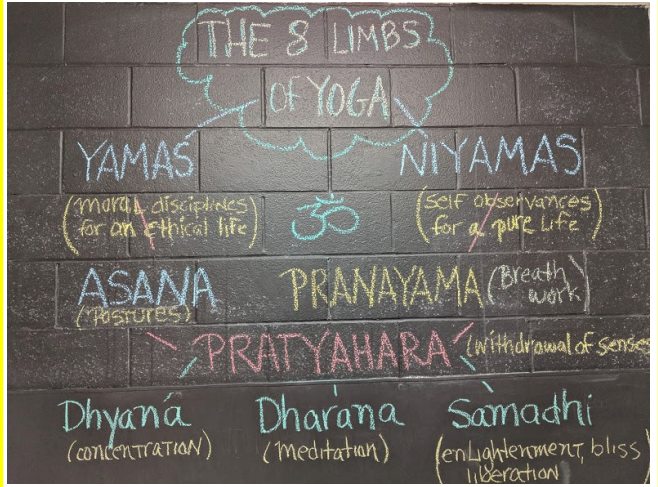
Divine Yoga Studio Newsletter

www.divineyogastudio.com phone: 9096473964

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The Eight Limbs of Yoga at Divine Yoga Studio



We have an exciting promotion for the next 8 weeks starting March 11th and continuing through April 30th designed to dig deeper into the **8 limbs of yoga**.

We typically practice Asana and Pranayama - just two of the limbs of yoga. So in an effort to bring a deeper awareness to all the limbs of yoga, during this 8 week promotion, teachers will be weaving in to the Asana classes different aspects of the 8 limbs. One limb each week. The hope is that this will create a more "whole approach" to yoga for the students with a deeper understanding of yoga in its entirety.

As an incentive for students to attend class(es) each week - at the end of the 8 weeks the studio will be giving away:

- **8 Class Pass** - grand prize - value \$110
- **Jade Yoga Mat** 2nd prize - value \$60
- **Full size bolster** - 3rd prize - value \$35
- **Pune Yoga strap** - 4th prize. value \$10

This is how it works:

- Come to any class (or multiple classes for more chances to win) each week.
- Get a raffle ticket after class
- Write your name on the ticket
- Write that weeks limb of Yoga that the teacher weaves into the class (don't worry - we'll help you with the Sanskrit words -lol)
- Drop your ticket into the raffle jar!

That's it! The more classes you attend, the more chances you have to win prizes - but better yet the more you will learn about the 8 - limbs of yoga and discover how all the limbs bring about a "whole yoga" experience.

Current Schedule 2019

Day	Class	Time	Teacher
Monday	Level I	10AM -1130AM	Amy
Monday	Level II	530PM-7PM	Amy
Tuesday	Mixed level class	405PM-525PM	Amy
	Yin Yoga	545PM-700PM	Kristen
Wednesday	Level I/II Class	830AM-10AM	Amy
Wednesday	Beginner/Level I	6PM-715PM	Amy
Thursday	Mixed level class	405PM-525PM	Amy
Thursday	Gentle Yoga	6PM-715PM	Angie B
Friday	Restorative Yoga	6PM-715PM	Amy
Sunday	Mixed level class	4PM-515PM	Amy

Save the Date Crystal Bowl Chakra Sound Healing Friday June 7, 2019 7-830PM \$30**

Dr. Christie Smirl has been conducting chakra balancing meditations and sound baths using crystal toning bowls, Tibetan singing bowls, mantra, energy medicine and gongs since 2011 from Southern California to Rishikesh India. Join us in an evening of chakra balancing and meditation.

Register by calling or texting 9096473964 or email amy@divineyogastudio.com.

**Space limited to 20 students-- register early!

Yoga and the Change of the Seasons

A workshop with Senior Teacher Anna Delury
Sunday April 28, 2019
10AM - 12PM \$40

As nature shifts from one season to another, our bodies and minds react in various ways. Some welcome, some challenging.

In this workshop we will explore how to adapt our yoga practice during this time to promote health and well-being.

All are welcome! (class limited to 20 students --register early!)

To register: Call or text 9096473964 or email

Amy@divineyogastudio.com



Anna with BKS Iyengar

These students from DYS have embarked on their Iyengar Yoga teacher certification journey. This is a **HUGE** commitment in both time and effort. Let's congratulate them! (from L—Angie Bynon—Current Gentle Yoga teacher at DYS, Ruth Soto Mayor, Amy, Xuan Marcellini & Jeanette Henry)

