

ॐ DIVINE INSIGHTS

Divine Yoga Studio Newsletter

www.divineyogastudio.com phone: 9096473964

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Foundations of Iyengar Yoga Class -September

A new **Foundations of Iyengar Yoga** series will start on Sunday mornings in September 2019.

The dates are: Sundays at 8AM September 8, 15, 22 & 29.

\$75 for the series.

Many of you have told me you have friends who are interested – please pass this on.

There will be additional information on the website soon!

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

**Space limited to 20 students– register early!

Save the Date! - Sunday October 20, 2019 10AM—12:30PM Workshop with Anna Delury

You all asked and YES! Anna will be back in October!

We're excited that she is returning October 20, 2019 10AM –12:30PM. Cost: \$45

Register by calling or texting the studio at 9096473964. *Class size limited to 20 students. Register early!



Anna teaching at the workshop in April.

Keep your cool this summer with this restful and cooling Iyengar Yoga sequence. Restorative yoga cools the body and the brain and promotes a calm nervous system.

Remember— Fridays at 6PM is the weekly restorative class at the studio – with **Air Conditioning!**

RESTORATIVE SEQUENCE – IYENGAR YOGA

Just as children need sleep in order to grow, we need deep rest in order to renew! With the internal focus on the breath combined with the release in the body our minds begin to quieten, which is what yoga is all about.



Illustrations Bobby Clennel

Thursdays 6PM Gentle Yoga Raises Money for Youth Hope

In May the studio changed the 6PM Thursday Gentle Yoga class to a community/donation-based class. Now that the studio is mostly established (thanks to all of you) it was time to give back to the community. All donations collected benefit Youth Hope – a local homeless teen program.

During the months of May and June the studio (and its students) donated over \$400 to Youth Hope. The generosity of our students is overwhelming – THANK YOU!

Heidi Mayer – director of Youth Hope is thrilled with the donations and extremely grateful since the program exists totally on private donations. To find out more about Youth Hope visit www.youthhope.org

You can donate to Youth Hope *and* practice on Thursdays at the 6PM Gentle Yoga class.

The 8 Weeks of Yoga Raffle Drawing Winners!

Winners of the raffle during the 8 Weeks of Yoga were: Pune strap—Peggy Kaiser, Bolster—Mary Love , Jade Yoga Mat—Dave Thielman & 8 Class Pass—Gabrielle Duff (below). Thanks to everyone who participated!



Congrats!