

ॐ DIVINE INSIGHTS

Divine Yoga Studio Newsletter

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“Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom, and no one in this world would ever move forward to become the person they're meant to be. “
 — **BKS IYENGAR**

December Holiday Studio Closure Dates

The studio will be closed the following dates to observe the holidays:

Tuesday, December 24 405PM class.

However, there will be an 830AM Mixed level class on this day!

Wednesday, December 25th – Christmas Day

Saturday, December 28, 2019 thru Friday, January 3rd, 2020 all classes cancelled during this time.

Happy Holidays to All!

Schedule Changes starting in January 2020

The following class time changes are **permanent starting January 1, 2020!**

- **Monday 530PM Level 2 Class** moves to **6PM** starting time.
- **Sunday afternoon 4PM Mixed Level Class** moves to **Sunday Morning 830AM.**

Workshop! Jump start your home practice in the NEW YEAR!

- Sunday January 12, 2020
- 10:30AM – 12PM.
- \$35

Set your new year intention off right with a commitment to starting (or restarting) your home yoga practice.

A home practice shouldn't be another chore—but something you look forward to as a special part of your day! Students that implement a home practice see their knowledge and ability of the yoga postures improve exponentially!

In this interactive workshop, Amy will de-mystify the home practice by answering these questions:

- What props you need (if any) and how to use them.
- Which poses/asanas should you include?
- What is a sequence and how to use sequencing for your practice?
- How often should you practice and for how long?
- How to find time in your day for your practice.
- Are online resources ok to use?

Register by calling or texting 9096473964. Class size is limited to 15 students— so register early! (For those interested, Amy will have props available for purchase the day of the workshop).



Foundations Class October 2019

What a joy it was to teach this group of new students!

The next **Foundations Class** is scheduled for **February 2020!**

Divine Yoga Studio New Student Special!!!

- **\$30 for 2 weeks of unlimited classes.**

Tell your friends and family and invite them to learn and practice yoga at the best yoga studio in the area!

(Offer good for the months of December 2019 and January 2020 only. Offer for new students only).