

Back to School Edition

# YOGA NEWS



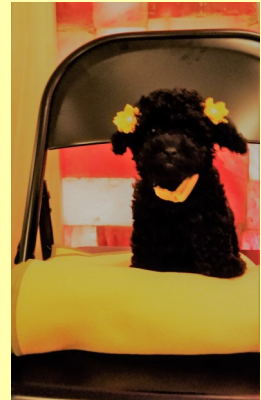
## CHAIR YOGA COMING SOON WITH MISS PETUNIA SEPTEMBER 24 2018

We are excited to announce that we will begin offering chair yoga in September. The classes will be held Monday through Thursday from 11 to 11:45 a.m. They will be offered in the not-hot salt room to all ages and abilities. The benefits of chair yoga are many, including increased flexibility, muscle strengthening and relaxation through breathing techniques.

We will be offering a \$20 introductory week for classes. After that, the classes will be \$39 for four or an unlimited month for \$72.

If you know of a group who would like to practice chair yoga together regularly, let us know!

Follow us on Facebook for starting dates and more information.



## Welcome back CNU students!

We are excited for your return! We look forward to seeing lots of you this school year! Be sure to ask about our students discounts. Student ID required.

## 200 RYT

### HYM Teacher Training

Have to ever considered being a yoga teacher or would you like to enhance your personal practice? If so come join us for our next 200 RYT teacher training course in January.

The training focuses on the yoga lifestyle, alignment, anatomy and physiology, ethics, meditation, pranayama, and more.

Jan. 12-13 Jan. 26-27 Feb. 9-10 Feb. 23-24  
March 10-11 March 23-24 and April 6-7

The cost is \$2,500

There is a 10% discount if paid in full by December 1, 2018

[www.hotyogamassge.com](http://www.hotyogamassge.com)

757-223-9642