



September Newsletter

Root Down by [Renee Honrada](#) on September 04



September is here marking the time of transition from summer to fall, Kids are back to school, the sun is setting earlier and the geese are flying south. As the weather changes and shifts, our reflection begins to tune inward making this a great time to start or continue a yoga practice, or take time out for an act of self care, such as massage.

From now until September 13th you can enjoy \$10 off of any massage with the attendance of 1 yoga class!

What's new in the yoga studio...

As with the changing season, things in the studio are also changing. We are welcoming new teachers, adding more classes to the schedule, as well as starting several multi-week series beginning in October. All multi-week series will require pre-payment to secure your spot as space is limited!

September / October Series Offerings

Arm Balances with Laura Denning

4 week series Fridays 5pm-6pm 9/27, 10/4, 11 & 18 Cost \$68

Learn how to strengthen and prep the body for arm balancing in this fun series!

Beginner Yoga series with Jackie Doyle

6 week series Mondays 11:15am-12:15pm 10/7, 14, 21, 28, 11/4, & 11 Cost \$108

Learn the ABC's of yoga in this foundational beginner yoga series, ideal for anyone who is completely new and ready to try this yoga thing!

Chakra and Essential Oils series with Jimmie Allen & Renee Honrada

7 week series Sundays 2pm-3:30pm beginning 10/6 Cost \$128

Learn about the 7 Chakras (your energetic centers) and how they affect your physical body, as well as your emotional body. This is paired with essential oils to support the entire process. Each class will be themed after a chakra with essential oils and a guided meditation to compliment the class.

Dreamtime Soundhealing with Alesha & Seth Blackwolf

Saturday October 19th 6-7:30pm Cost \$40

Experience a journey of deep rest called Yoga Nidra, paired with crystal bowl and drum wash sound healing. This is a unique offering that you won't want to miss! Tea & treats afterwards provided by Alesha & Seth.

Postpartum Mood Disorders Workshop with Homestead Mama & Bekah Saunders

Friday October 4th 5:30pm Cost Free

This class is for anyone that wishes to receive information and support for perinatal mood and anxiety disorders. If you are planning on expanding your family soon, are currently pregnant, or are years postpartum, this class is for you!

Please visit [our website](#) to see our current schedule, which will include a few new classes, and check back again Oct. 1 for our full fall schedule and to see additional events we will be offering.

We value your feedback!

Please feel free to share your feedback with us! We are still growing and we are here for YOU! It is our goal to provide a space that is healthy and nourishing for you. If there's a service or a class you've been wanting we want to know! Drop us a note [here](#)



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