

# hari om yoga langley

your yoga studio & activewear retail store

## August Newsletter

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

604.539.0566 20230 64th ave Langley

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your yoga studio



challenge knowledge

**SNEAK PREVIEW** - this fall (starting sept 5th) our new schedule **HIGHLIGHTS**: mon to thur 4 new time slots, new ongoing friday evg events, \*new class additions incl- \* core fusion mon's \*yin yoga tue's \*hot flow wed's \* hatha 2 thur's \*candlelight sat's \* beginners yoga 101 sun's \* hot flow hr sun's morn 9am \* tue's & thur's early morn rise & shine hour at 6:15am

summer 30 DAY YOGA CHALLENGE Winners  
Congrats to: Amandeep, Ashley & Lisa who each received 1 month of unlimited yoga & Robyn won the \$100 gift certificate but really all participants are winners as the challenge is about finding the time for yourself

*upcoming  
30 & 60 day  
Yoga Challenges*

this fall take your own personal challenge to the mat! to do a yoga class a day for 60 days (Sept 14th - Nov 15th) or 30 days (Oct 14th - Nov 15th) sign up today at hari om yoga



more new arrivals this month from the Lotus Moon collection inspired by susan rind's yoga practice unique one of a kind pieces - the result is jewelry worn happily ever after!



sat 2pm Sept 17th DEEP BREATHING Workshop with ADRIENNE - this is a 5 part mathematical breath designed to rejuvenate the physical glands of the body through stimulation of the chakra energies - you will have from this workshop this sacred knowledge to use and practice with on your own time and for your own well being. The workshop will start with a brief introduction and practice of the full yogic breath. \$35.00 plus Hst.



vinyasa FLOW  
Teacher Training & Immersion  
Sept 19 - 25  
CLARA ROBERTS-OSS

new PRE-NATAL session with TARA starts Aug 28th \$75 for 6 weeks



MOM & BABY Yoga (pre-mobile) with Tara starts Sept 7th 6 weeks session Wed's 11:30am to 12:30 \$75 + hst pre-register at the studio



DAN CLEMENT - 3rd friday of the month 8pm to 11pm 3 hr Teacher MENTORSHIP & ADVANCED Student Class \$30 + hst confirmed dates are: Sept 16, Nov 18th, Dec 16th pre-register at the studio or by tel: 604-539-0566



heads up!  
life can be a balancing act!

Charlie - Photo of the Month



siesta boy! the heat of the summer necessitates plenty of rest and stretching!



JUNGLEYOGA with "Sean O" - proving yoga and reggae go together 90 min of a jungle blast with "Sean O" dates are: Sept 23, Oct 14, Nov 14, Dec 9 \$10+hst pre-register at the studio or by t: 604.539.0566

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