

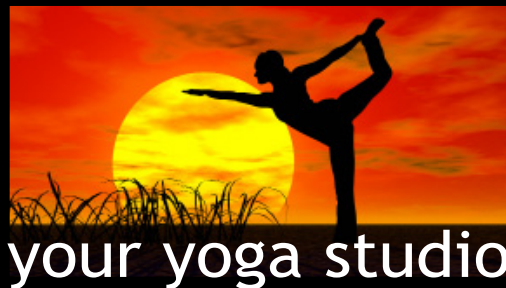
hari om yoga langley

October Newsletter

your yoga studio & activewear retail store

www.hariomyoga.com

604.539.0566 20230 64th ave Langley



your yoga studio

30 Day Challenge is starting soon! Sign Up Now and Join the 60 Day Challengers!

With the 60 Day Challenge well underway, the 30 Day Challenge is about to begin! Sign up for 30 days of fun! For \$100 +HST, join the challenge from Oct 14 to Nov 12 and gain the chance to win amazing prizes: three 1- month unlimited yoga passes and one \$100 gift card to anything at Hari Om.

The 30 Day Challenge is suitable for students of all levels - from absolute beginners to seasoned practitioners - everyone is welcome! This is a chance for you to develop in your practice, try new classes and meet new people. Many people find they exceed their goals with the support of all the students and teachers involved in the challenge. You may discover new things about yourself get into poses that you never thought you could!

The challenge will end with a fun 2-hour practice, prizes and a potluck downstairs. The last day is always a great time with everyone on the top of their game.

Whether it's for fitness, discipline or a love of yoga (or all of the above!), whether it's your first 30 Day Challenge or your 10th, stop by the desk and sign up for the Oct 14-Nov 12 session. See you in the studio!

A warm congratulations to our 60 Day Challenge members... half way and going strong!



Our Next Prenatal and Mom & Baby Sessions Are Coming Up!

Prenatal: Sundays Oct 23-Nov 27
from 6:15-7:15pm

Mom & Baby (pre-mobile babies):
Wednesdays Oct 26-Nov 30
from 11:30am-12:30pm

Each course costs \$75 for 6 sessions or \$20 drop-in.
Pre-register now in person or by phone to reserve your spot.

Jungle Love!

September's Jungle Love was a huge success! The night was a great time with fun-loving yoga to bumping reggae tunes!

Join us on Oct 14 for the next Jungle Love session!

8-9:30pm,
\$10 +hst

Sat, Oct 22 - Celebrate Hari Om's Fall Open House!

Every fall, Hari Om Yoga opens its doors to its customers - whether to meet and greet, have a snack over some yoga talk, try new classes or take advantage of the sales - we love having a special day to honour the people that make our space so special. This year's open house is on Saturday, Oct 22!

Stop by to take advantage of the free, hour-long classes and the great deals on shopping and class cards. Our 20 and 50 class cards will be on sale for 10% off and all ActiveWear clothing (including your very favourite brands in yoga!) will be discounted by 15%.

The free classes are a great way to try new class styles or introduce your friends and family to your favourite studio at no cost. These are first come first served, so come early for shopping and register your spot!

Always a fun day, it's the perfect chance to meet other students and teachers at the studio over drinks and snacks, and stock up on class cards and yoga apparel. Stop by and celebrate another fall with us at Hari Om Yoga!

Open House Class Schedule:

9-10am	- Yin/Yang
10:30-11:30am	- HOT
12-1pm	- Luna
1:30-2:30pm	- Yoga for Beginners
3-4pm	- Tragically Hips
4:30-5:30pm	- Relax Deeply

15% off Clothing
10% off 20/50 Class Cards!

A Great Line-up of Upcoming Workshops at Hari Om!



A registered Yoga Teacher and Thai Massage Practitioner, Carol specializes in Therapeutics, Anusara and Restorative Yoga.

Carol's Thai Massage. *(hands-on learning series)*

Sat, Oct 8 and 15 (2-4pm). Open to all levels. \$50 for both sessions or \$30 for each Saturday.

Thai massage incorporates rhythmic movement, gentle stretching, assisted yoga poses and energy line work. It is yoga, it is massage, it is therapy, and it is amazing to give and receive. The entire massage is done on the floor with the recipient wearing comfortable clothing. You will learn a full body 35-45 minute massage.

Come alone and find a partner in class or bring a friend. This is a massage that you will be able to share with friends and loved ones for many years to come. You will be pleasantly surprised at what a great massage you can give after 6 hours training!

These workshops would be great for couples or anyone wishing to offer a little loving kindness through massage.

If you have serious or ongoing problems with your knees giving this massage may not be appropriate for you.



Angels and Arm Balances with Clara Roberts-Oss. Sat, Oct 29 (2pm-4:30pm). Open to all levels. \$35+hst pre-register in the studio or by tel 604-539-0566.

Where does the ability to float come from? Where can our tapas (effort) take us? The more we connect to our roots, the easier it is for us to fly. We will work on creating a stronger connection with our legs and with the first two bandhas (locks) while in the vinyasa (flow). From there, we will explore many different arm balances.

Charlie - Photo of the Month

You know and love him! Charlie, our studio cat, is always up to new antics!



This month he helped unpack the fall clothing order by assisting with the cardboard recycling! He LOVES sleeping in boxes!

In November... Hug It In and Kick It Up!

with Christine Price Clark.

Sat, Nov 19 (2-4:30pm). All levels. \$35+hst



Join Christine for a dynamic practice of hip openers, arm balances and backbends. We will focus on the opening of the four corners of the body- the hips and shoulders-

to gain more freedom in a variety of poses, and simply put, kick it up a notch.

Christine is a certified Anusara® yoga teacher. She has been a student of Anusara yoga since 2004, having begun her training in New York City with some of Anusara's most beloved teachers. She has online classes at My Yoga Online, mentors teachers of all styles of yoga, was on the faculty of the 2011 Whistler Yoga Conference and was named in Vancouver Magazine's Best of Vancouver.

In December... The Subtle Body with Clara Roberts-Oss.

Sat, Dec 3 (2pm-4:30pm). Open to all levels. \$35+hst pre-register in the studio or by tel 604-539-0566. Find more details online!

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