

hari om yoga langley

September Newsletter

your yoga studio & activewear retail store

www.hariomyoga.com

604.539.0566 20230 64th ave Langley



your yoga studio

The New Class Schedule Starts on SEPT 6 - More Classes at New Times!

Update your calendars - our new fall schedule starts on Sept 6! This fall, we are excited to feature new times, new classes and new teachers!

Come in to the studio to learn more about the new format. For a sneak peak of what's to come, as well as workshops and special events, keep checking www.hariomyoga.com for the most up-to-date information.

Welcome also to three new teachers to the Hari Om studio - Breanna, Anuschka and Amy!



Highlights of the New Schedule:

Monday through Thursday -

Monday through Thursday night classes now start at 4pm, 5:30pm, 7pm and 8:30pm (1.25hr each). More class times and variety to suit your needs!

Monday at 9:30am - 11am -

Anusara Inspired

Tuesdays at 7:00am-8:15pm -

Yin Yoga

Tuesdays & Thursdays at 6:15am -7:15am -

Rise and Shine!

Wednesdays at 4pm-5:15pm -

Core + Yoga = Fusion

Wednesdays at 11:30am-12:30pm -

Mom and Baby Yoga (6wks, pre-registered, \$75, reserve now!)

Sundays at 9:00am - 10am

HOT flow

Sundays at 12:30pm -

Yoga 101 (for true beginners and those interested in learning the basics, the teacher is a practicing chiropractor!)

60 Day and 30 Day Challenge!

----- Coming Soon!

Back at work or school? Ease stress, have fun and feel amazing with our 30 and 60 Day Challenges (\$100 +hst and \$200 +hst, respectively). They are always a lot of fun!

The 60 Day Challenge starts on Sept 14, with the 30 Day Challengers jumping in on Oct 14. Everyone finishes their challenge on Nov 12 with a fun practice and potluck.

The Challenges are suitable for students of all levels - everyone is welcome!

For those successful challengers, there are great prizes too! Hari Om is giving away 4 one-month unlimited passes and a \$100 prize to spend on your favourite yoga active wear clothing! Sign up now!

Hari Om is proud of its teachers!

Check out our teacher profiles online in Sept!

Our unlimited promo is changing!
1 Week of Unlimited Yoga for just \$10!

(Starting Sept 6, New members only.)
Come in to the studio to find out more!

Anusara Certified! Congratulations Leanne!



Hari Om is pleased to congratulate Leanne on becoming a fully Certified Anusara Yoga Teacher!

Leanne has worked very hard to become a fully-fledged Anusara teacher. She is one of only 3 fully credentialed Anusara teachers in BC!

She teaches Anusara yoga at Hari Om Yoga every Wednesday night.

Upcoming Special Interest Workshops at Hari Om Yoga - Don't Miss Out!

Vinyasa (FLOW) Yoga Teacher Training and Immersion with Clara Roberts-Oss.

Sept 19-23. M-F 8:30am-3:45pm, Sat & Sun 1:30pm-8:30pm. \$950+hst (includes a 2hr Trance Dance on the Fri evening). Designed for anyone wanting to deepen their knowledge of Vinyasa Yoga and for 200hr Yoga Teachers wanting to incorporate Vinyasa Flow Yoga into their teaching style.

Trance Dance with Clara Roberts-Oss.



Friday, Sept 23, 8-10pm. \$25+hst.

Created by Shiva Rea, Yoga Trance Dance is a meeting of two great rivers, yoga and dance, which come from and are united at the source.

Yoga Trance Dance flows from classic yoga asanas into free form movements and back again. All breath driven movements can liberate one's creative life-force and cultivate embodied freedom.

Deep Breathing with Adrienne.

Saturday, Sept 17 from 2 -4pm. \$35+hst.

Learn a 5-part mathematical breath designed to rejuvenate the body's glands through stimulation of the chakra energies.



Charlie - Photo of the Month

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



This month, between escaping to the woods to relax and meowing loudly for extra meals, Charlie spent some time guarding Susan Rind's jewellery in the display case! He heard there was a cat burgler in the neighbourhood!

New to Hari Om: Friday Night Specials!

Watch our online schedule for special Friday night classes!

Register early to reserve your spot! (These classes are special events, and not included in your class cards or monthly passes).



Jungle Love with Sean 'O'

...proving that when reggae meets yoga, anything is possible. Bring your friends for a fun night of jams and jungle yoga!

Sept 30, Oct 14, Nov 25, Dec 9, 8-9:30pm, just \$10+hst.

Teacher Mentorship and Advanced Student Class with Dan Clement.

For Yoga Teachers and Advanced Students - your chance to ask questions, refine and practice your teaching, and more.

Sept 16, Nov 18, Dec 16, 8-11pm, \$30+hst.



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