

Celebrated Anusara Instructor Christine Price Clark coming to Hari Om in November!



Hari Om Yoga is thrilled to host a November workshop with the well-known and much-loved Anusara certified yoga teacher, Christine Price Clark. Christine teaches principally in Vancouver. Hari Om is fortunate to have her in the studio to Hug It In and Kick It Up!

Hug It In and Kick It Up! Sat, Nov 19 (2-4:15pm). Open to 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 4 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 is known as an honest, passionate, down-to-earth teacher and mentor who shares the relevant teachings of yoga found in both the ancient and the everyday.

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. She lives in downtown Vancouver in the great company of her husband, Greg, and their little girl, Olive.

Register early! Visit us in studio or call 604-539-0566 to reserve your spot!

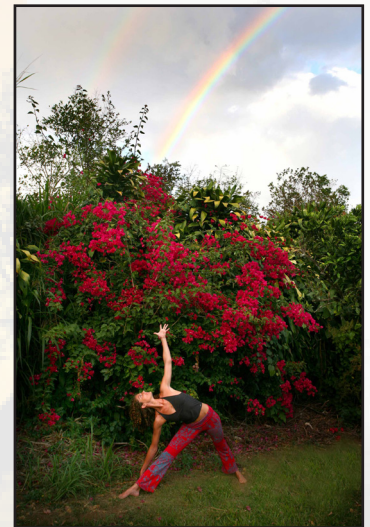
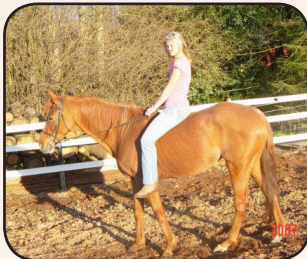


Photo: Bill Tipper.

Yoga For Riders! with Raquelle Roodenburg. Sat, Nov 26 (2-4:15pm). Open to all levels. \$30+hst



In this workshop you will be strengthening your secondary and unused muscles and stretching the overworked ones to ensure your passion is a sustainable one.

Few sports parallel each other the way riding and yoga do. The 'stillness in motion' of yoga equals the 'effortless effort' of riding. What we learn in the yoga studio can easily be transferred to the saddle. Our horses feel and react to every move we make when we ride them, however subtle. Yoga teaches us how to recognize the unbalanced errors and correct them before we get on the horse. Register in person or by phone now!

You Have Spoken! Hari Om's Schedule Has Changed!

You have spoken! Our September Monday to Thursday evening class change certainly brought out both positive and negative responses but in the end we have decided to go back to our long standing Monday to Thursday evening time slots of 4:45-5:45pm, 6:00-7:30pm and 8:00-9:30pm.

This format seems to work best for the majority of our students. The extra classes we added in September for both the weekends and the mornings are not changing! These include the popular early morning Rise and Shine (6:15am on Tuesdays & Thursdays), as well as Candlelight (4:30pm on Saturdays), Hot Flow (9am on Sundays) and Yoga 101 (12:30pm on Sundays)!

Check our schedule online at www.hariomyoga.com for the most up-to-date changes! Visit us in the studio for new printed schedules.

Fall Open House: A Huge Success!

Thanks to all the students and shoppers who came in on Oct 22 for our Fall Open House!

The staff and teachers at Hari Om all had a great sharing free yoga and deals on retail and class cards!

Thanks to everyone who came out!

Friday Night Specials! Bring a Friend and Join Us for a Fun Friday Night Out!

Watch our schedule for special Friday night classes! Whether to expand your practice, enjoy a night out with friends or get an extra workout in before the weekend, these Friday Night Specials are a great way to spend your Friday evening! (These classes are special events, and not included in your class cards or monthly passes.) Register in studio or call 604-539-0566 to reserve your spot!

Dan Clement's Teacher Mentorship and Advanced Student Class.

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

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



Jungle Love!



Jungle Love with Sean 'O'

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

Nov 4, Dec 9, 8-9:30pm, just \$10+hst.

More Clara Roberts-Oss at Hari Om in Jan!

After a great October workshop (Angels and Arm Balances), Hari Om is pleased to be hosting Clara Roberts-Oss for a workshop in January!

The Subtle Body. Sat, Jan 21 (2pm-4:15pm).
Open to all levels. \$35+hst pre-register in the studio or by tel 604-539-0566.

By understanding the subtlest levels of reality one gains mastery over the physical realm. This class will take you on a journey into the subtle body. Expect a vinyasa flow, just in a different context. This class will incorporate kriyas (purifications) from the Satyanada lineage and Shiva Rea's Prana Flow Yoga.

Charlie - Photos of the Month

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



Charlie had to visit the vet in October and the ordeal had him a bit traumatized. After much hissing, he boarded his kennel and was ready to go.

Not only was he told to hold off on the extra cans of tuna, but he was also given his vaccinations! The poor thing!

After all that fuss, he got a much needed snuggle with Amy while she worked on November's newsletter!



He likes to rest his head on the warm keyboard!

Thanks to all our students who celebrated Hallowe'en with us at Hari Om!



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www.hariomyoga.com

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your yoga studio

