

102-20230  
64th Ave  
Langley



www.HariOmYoga.com  
604.539.0566



## Welcome to your June Newsletter

### New Summer Schedule

We have changed our schedule for the summer slightly and have added in two new Noon Hour 45 minute 'PULSE' classes on Monday and Wednesday (12:10 to 12:55), so please check our web site ([www.HariOmYoga.com](http://www.HariOmYoga.com)) for all class times or pickup a new printed schedule at the Studio

### Welcome to your Studio

This first month has been fun as we start to get to know many of you. It is those smiles after class that warm the facility right up, it is a large space, but you brighten it right up after each class.

Whether you are looking for a great workout, to lose weight, to de-stress, or to sleep better, to gain strength or simply to reconnect with yourself, Hari OM Yoga welcomes you to share our space and we will all grow together to have fun and enjoy the 'yoga experiences'

### Feedback

Are we meeting your expectations from what you would like to experience in a Yoga Studio ? Please always feel free to talk with us after class, or phone or email us with your suggestions, thoughts, comments on how we can continue to give you great experiences.



### Crazy Busy?

If you are busy doing what matters to you then busy is blissful. What matters most to you and focusing your attention on it is not that easy though. That is why we quite often at the beginning of a class ask you to put out of your mind where / what you have come from and where / what you are going to after class and to 'focus' on yourself for the next '90 minutes' - make this time work for your advantage



### Canada Day

We are going to be at Langley's 2 day Canada Day celebration and this means (a) come and visit us there and (b) we will be closed Tuesday July 1st and on Monday June 31st only the 9:30 morning class will be held - so everyone come to this class and lets 'rockit'



### Pose of the month



### PLANK

Breathe into your core and feel your core strength maintaining the plank with ease and slowly lower your torso to the ground resisting on the way down.



### New at Fab Om ActiveWear

BE PRESENT Yoga Pants with Breathe Weave have just arrived. Not only are they really comfy, but they stretch (when 'flippin the dog'), are breathable and come in brilliant colors

