Hari Om YOGA Langley

CALM MIND
ACTIVE BODY
INSPIRED LIFE

Your AUGUST Newsletter

102-20230
64th Ave
Langley

www.HariOmYoga.com
604.539.0566

Welcome to your Newsletter - we are getting ready for the Fall schedule

FALL CLASS Schedule Starts Sept 15th

We are adding in new classes and teachers for the Fall Schedule which will start Sept 15th.

New Additions: **'Restorative Yoga'** class (Monday nights at 8:15 starting Sept 15th) taught by Carol (whom you know from the Monday night Anasuara class)

This class is great for those with past. present and long term injuries as well as those who want a class for a different approach to yoga where 'props' do much of the 'work for you'.

'Luna Yoga' with Heidi on Saturdays. This class is designed for women and men of all ages. **Luna Yoga** begins and ends with relaxation and meditation, helping to clear the mind and body of stress and tension. Through a series of hatha yoga postures, the muscles throughout the hips, pelvis and lower back are stretched and loosened, increasing both flexibility and circulation to the pelvic organs. The results are increased fertility, decreased discomfort from pms and menopause, increased sexual drive, and increased feelings of vitality, health and beauty. Come to **Luna Yoga (try it FREE Sept 20th 12:00 noon)**

New at Fab Om ActiveWear

SIGG Bottles - a new shipment has arrived of the original swiss bottle. SIGG bottles are extruded from a single piece of pure aluminum with no seams. This provides the highest stability with the lowest weight. Vivid exterior artwork is achieved with a solvent-free powder coating.

New Additions to our FALL CLASS schedule continued: Twice a month on Friday nights our **FRIDAY NIGHT `AFFAIR`** with Meshal will launch with 2 Events:

'Funky Yoga': let loose and "express yourself" with swirling hips and funky beats where we will play with a dancer's warm up, a little belly dancing, a little laugh, and a little yoga - please bring a hip scarf or boa if you dare - women only please! **`Acoustic Yoga`:** this yoga experience goes beyond focusing on the external physical body and into the more subtle vibrational body through sound. There will be live acoustic guitar accompanyment to help you get out of your head and into your spirit with the healing power of music.

This fall we are also starting a **YOGA for BEGINNERS** program with Meshal.

A 6 week progressive program that introduces the student, regardless of age or flexibility, to exploring the fundamentals of yoga, adding on each week to build the foundation of a solid yoga practice. Emphasis will be on practicing safely, learning to move mindfully, with proper breathing tecniques, calming the busy mind to gain clarity, creating a supple body through balanced movement and breathing inspiration into our lives! Bring your beginners mind to class! 6 week course: **Pre-Registration required Sessions: Sept 20th to Oct 25th and Nov 8th to Dec 13th Cost is $79.00 a session**