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Langley



www.HariOmYoga.com
604.539.0566



Welcome to your Newsletter

Why Yoga

Sure, yoga increases flexibility and strengthens muscle tissue - but it's also great for detox and the perfect stress-buster!

Yoga and Arthritis

Arthritis is the inflammation of joints, creating joint pain. The most positive effects of Yoga on reducing joint pain occur in the area of increasing mobility and pain reduction. Your regular Yoga practice can provide a systematic and gradual training to improve the range of movements. Practising Yoga with regularity can also help to strengthen surrounding muscles and thus improve a joints' mobility. Breathing exercises that are a fundamental part of yoga increase the supply of fresh oxygen and purify the blood, helping to improve blood circulation to the cartilage. Pain itself is typically one of two forms, stress-born and non-stress born. Yoga's strength is its effectiveness in both prevention and remedy, helping to release associated pain and restore personal self-confidence.

Yoga Mat Rentals

As of July 10th we will be offering Mat Rentals for \$1.00 per class - we have also brought in a 6 color selection of 5mm Mats for purchase at \$29.99 each (these are the same style mats we use in the Studio)

Pose of the Month



CROW

Breathe into the posture while using your inner thighs to hug into your mid-line to maintain this pose

Coming in September - We will be adding in Hatha classes into our schedule. Heidi whom some of you have met in the gentle yoga class will be leading our Hatha classes.



Beginners Yoga!

Once a Week for 8 Weeks

This class provides a solid foundation for those new to the practice of yoga as well as those who prefer a gentle practice. Each posture is presented with attention to safe alignment and benefits. This class will improve your strength, flexibility, concentration and give you the confidence to participate in all Hari Om YOGA classes. 8 week cost: \$140.00 includes a Yoga Mat (the same mat style we use in our rentals)



WE ARE TAKING THE NAMES and TEL #'s OF THOSE INTERESTED TO FIND A SUITABLE DAY/TIME and START DATE please contact us at the studio 604.539.0566 or cormac@HariOmYoga.com



Event Happenings - Concert on Wed Sept 24th with Deva Premal and Miten (their music is an expression of spirit, through song and chant.



They have lived & played together since 1991, releasing a string of acclaimed CDs. The openness and honesty in which they share their lives and their music has touched thousands www.devapremalmiten.com



New at Fab Om ActiveWear

SMELL THIS Inner Smile Aromatherapy collections.



Based around the 7 Chakra's, the collection includes roll-ons, mat cleansers, candles, body sprays and oils. They smell amazing come in to try them!

