

Flow Yoga Syracuse



nourish the body, calm the mind, strengthen the soul

January 2010 Newsletter

Dear Fellow Yogis & Yoginis,

Many Wishes for a Happy, Healthy and Joyous New Year!

It's that special time of the year where you may take a step back to evaluate where you are, where you've been and where you're heading. Take some time to list your 2009 highlights, lessons learned and dreams for 2010. We all need a reminder to slow down, reflect, explore, and dig deeper. So, pull out your journal, grab a mug of tea, and indulge in a little one-on-one. For yogis, this is an important aspect of our practice and it's called svadyaya - self study.

January Specials & Events!

This month we have a very exciting event planned—Yoga Day USA! Put forth by Yoga Alliance, this day invites yogis all over the nation to participate in workshops that promote the benefits of a yoga practice. So, mark your calendars for January 23rd, 12—4 PM and join us at the Spa 500 for two workshops:

- 1) A Beginner's Guide to Flow—an introduction to, and demo of what Flow Yoga is all about for the absolute beginner
- 2) Open Flow—an invigorating vinyasa class for those with prior yoga experience

And of course, there'll be mingling off the mat with tea and treats—so, invite friends and family and share in the fun! A donation of \$10 is suggested for the event, with proceeds benefitting a local charity. Please join us and show your support of yoga and the community!

And lastly, the Buddy Pass! Receive a 4 class pass for just \$25, per person, when you sign up with a friend!

Cheers to Friendship and Wellness in the New Year!

Namaste,
Beth