



Flow Yoga Syracuse

nourish the body, calm the mind, strengthen the soul

February 2010 Newsletter

Hello Fellow Yogis & Yoginis!

The groundhog has seen his shadow so yes, we have much more winter still ahead of us. But that's OK! I've added a new class to the schedule, **Power Vinyasa Flow**, that is sure to take the chill out of your day!

Power Vinyasa Flow is an hour and fifteen minute class, with a solid 45 minutes dedicated to continual flowing, repetitious Sun Salutations! The sequencing of postures is designed to generate fire and heat within the body – you will break a sweat! Emphasis is placed on building cardio vascular stamina, strengthening the muscles and calming the mind. A challenging and intense workout for the body and soul! Try it out on Sundays at 7 PM—all levels welcome.

Honor yourself with a Valentine's Workshop on Saturday, February 13, from 2-4 PM—**Heart Opening Flow**. We will slowly awaken the heart center through a series of backbends and then, turn the focus inward with a self-nurturing restorative flow. Tea, treats and mingling off the mat will follow. All levels are welcome, \$10 for a drop-in, or the rate of one class for pass holders.

Two February Class Pass Specials!

Spread the Love! Refer a friend to Flow Yoga and receive a free class pass for yourself.

Newbie Yogi Class Pass—new to Flow Yoga? Enjoy 4 classes for just \$25!

February may be a short, cold month, but there are lots of incentives to get you out the door and into a yoga class! Join us—your Heart & Soul will thank you!

Namaste,
Beth