

FREE SPIRIT YOGA A WELLNESS CENTER DECEMBER NEWSLETTER

TIS THE SEASON!

Hanukkah and Christmas are upon us! The season where the giving spirit seems to be at its highest. Often we feel like we have to spend money to give something of value, but this couldn't be further from the truth. More often, the most meaningful gifts we receive are those that are given from the heart and have nothing to do with a price tag. So during this holiday season, take some time to give something of yourself...your most precious gift ☺.

Heather & Stephanie

JOIN US FOR OUR ANNUAL NEW YEAR'S EVE DAY MEDITATION

On New Year's Eve Day the studio will be open from 12:00 noon until 5:00PM for meditation time. We invite you to come in and spend as much time as you would like in silence, and contemplate this past year as well as the upcoming year. This meditation time is also a symbolic time for release. With the New Year comes the opportunity to let go of what has not served us in the past and to welcome in what we want to create in 2009. Specific instructions for the meditation will be available at the studio. Come and join us for this inspiring practice.

HOLIDAY FOOD DRIVE

We will be collecting food for the Hershey Food Bank through December 12. Please feel free to give what you can to help others celebrate the deliciousness of the holidays!

BAD WEATHER POLICY

With all this talk about a cold, snowy winter it seems the time to clarify our policy for yoga classes. If Derry Township School District has canceled school or delayed school due to weather, then there will be no morning yoga class that day. Stephanie will also get an email out ASAP in the morning as well as the evening if there is a cancellation. There is no need to sacrifice life and limb for yoga ☺.

OUR FINAL NIYAMA

Over the past 9 months we have taken a look at the Yamas and Niyamas, the "codes for living well" in the philosophy of yoga. The final niyama is Ishvara Pranidhana or surrender to God. The great thing about this is that it fits whatever your belief about God is. Ishvara Pranidhana is about trusting that all is well and that we are being taken care of by a "Higher Power". This allows us to not be worried about the outcomes of particular situations to enjoy what is happening

now (in each moment). Even when things that we don't like happen, we can trust that things are in Divine order and that we are being well taken care of.

COMING IN 2009-OUR NEWEST PHOENIX RISING YOGA THERAPY GROUPS

We will be doing 2 more Phoenix Rising Yoga Therapy (PRYT) Groups this winter! PRYT Groups incorporate yoga and breathing techniques as well as mindfulness approaches in order to cultivate a deeper awareness of yourself and your relationship to stress. Homework and group support are also part of the program as a way to better carry over what you are learning into your day-to-day life. No previous yoga experience is needed to participate in these groups.

The first class will be for women with Body Image issues and will be held Saturday mornings from 10:00am - 12:00 noon from January 24 through February 28.

The second class will be for Healthcare professionals and will be held Saturday mornings from 10:00am - 12:00 noon from March 4 through April 11.

The cost for each group is \$150. **That's only \$25 a week.** The cost of the program includes the 6 classes, a one day meditation class and workbook. All classes will be held at the studio. If you or anyone you know are interested, please let Stephanie know. PAYMENT PLANS ARE ACCEPTED!

*****Last month a portion of our profits went to the Dress For Success, an organization which provides clothing for less fortunate women for job interviews and other occasions. Thanks to Rosemary Marino for this wonderful idea! IF YOU KNOW OF A CAUSE TO WHICH WE CAN GIVE PLEASE LET US KNOW!**

CHANGE IN PRICES BEGINNING IN JANUARY

We are announcing a minimal increase in our prices which will begin in January, 2009. This will be the first price increase in 5 years and will look like this:

Massage - \$33 for 30 minutes

\$65 for 60 minutes

\$80 for 90 minutes

-Foot scrubs will continue to add \$10

Yoga - \$59 for 5 classes

\$92 for 10 classes (an increase of 50 cents per class)

\$65 for Yoga Massage

\$80 for Phoenix Rising Yoga Therapy (90 minutes)

FREE SPIRIT YOGA - A WELLNESS CENTER.....1515 EAST
CHOCOLATE AVENUE

533-8292.....FREESPIRITYOGAHERSHEY.COM