

FREE SPIRIT YOGA A WELLNESS CENTER NOVEMBER NEWSLETTER

GIVING THANKS

With Thanksgiving coming, this is the month in which we focus on those things we are thankful for. Recent research indicates that consistent focus on what you are grateful for not only makes you feel happy, it also boosts your health. Try this exercise in gratitude this month. At the end of each day, write down 5 -10 things or events that happened during your day that you are grateful for. See if you go to bed each night with a smile on your face and enjoy your turkey (or tofurky as the case may be ☺)

Heather & Stephanie

MORE GRATITUDE BOOSTERS

As we said earlier, cultivating an attitude of gratitude can be beneficial to both physical and emotional health. Here are a few other ways to sow your seeds of thanks:

1. Pick one of your 5 senses to focus on each day. See how many new things you can discover each day through each sense. Take some time to ponder what it would be like to not be able to see, hear, feel, smell or taste these things you are discovering.
2. Flip your complaints. Every time you go to complain about something, stop. Think of at least one positive aspect of the situation...and then see if you can think of another ☺.
3. Do a bliss list. For 5 straight minutes, make a list of all the things you have received in the past month...this includes not only tangible items, but also those things you can't specifically put your hands on...like the listening ear of a good friend.

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)

DISCOUNTS ON HOLIDAY GIFT CERTIFICATES!

Again this year we will be selling our Massage and Yoga Gift Certificates for the holidays. **During the month of November only**, we will be taking \$10 off all Yoga Gift Certificates, \$10 off all 60 and 90 minute Massage Gift Certificates and \$5 off all 30 minute Massage Gift Certificates. If you would like to give someone you know the gift of Massage or Yoga, let Stephanie or Heather know!

NIYAMA OF THE MONTH - SVADHYAYA

Our fourth Niyama is Svadhyaya. Svadhyaya is all about self-study and self-reflection. It doesn't matter the way this self-study happens. It could happen through reading certain books, through writing or through meditation or prayer. It could happen through running or playing a sport. It could happen through classes taken or through a particular hobby such as painting. No matter what the activity, Svadhyaya can occur when there is a commitment to looking at yourself and reflecting on what you notice in the activities that you do. While self-study can bring out our strengths and positive qualities, it can also uncover our weaknesses, addictions, habit patterns and negative tendencies. During all of this, it is important to welcome and accept all that we uncover...the "positives" and the "negatives", so that we can continue to grow.

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 ☺.

*****Last month a portion of our profits went to the Salvation Army which helps disadvantaged people in our area. IF YOU KNOW OF A CAUSE TO WHICH WE CAN GIVE PLEASE LET US KNOW!**

MASSAGE THERAPY SERVICES OFFERED BY HEATHER

Swedish Massage, Therapeutic Massage and Integrative Reflexology

30 Minute (targeted) Session.....	\$30
60 Minute Session.....	\$60
90 Minute Session.....	\$75

**Add a foot scrub with aroma therapy to any massage session for \$10

YOGA SERVICES OFFERED BY STEPHANIE

5 Yoga Classes.....	\$55
10 Yoga Classes.....	\$87
60 Minute Yoga Massage.....	\$60
90 Minute Phoenix Rising Yoga Therapy Session....	\$75

**FIRST CLASS IS FREE!!!

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

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