



make 2015 a year full of positive changes

Avani Yoga Studio

January 2015

Let's embrace the transformative power of yoga.

I am so excited about the new year at Avani Yoga!

We have lots of changes in store - all designed to nurture your practice, grow our yoga community and be of service to others.

As most of you know, I am a student just like you. I struggle with balance poses and quieting my mind during *savasana*. But one thing I know for sure, a consistent yoga practice can be absolutely transformative.

Numerous studies confirm a regular yoga practice helps us shed old patterns of negativity. Yoga also works to connect us to our True Nature - that place within each of us that is perfect, whole and complete. Through yoga, we learn to live a life rooted in purpose, connection, truth and service to others.

So this year, instead of making resolutions, I've decided to make it a year of positive, incremental change through my yoga practice. I hope you will join me as we make 2015 our best year yet!

With love & gratitude,

Jennifer

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JANUARY WORKSHOPS

Yoga Nidra & Deep Relaxation

with Yoga Nidra Master,
Stacy Kamala Waltman

Saturday, January 10
1:00 pm. to 2:30 pm.
\$20 non-refundable

****This workshop is sold out.**

Please contact us to add your
name to the waitlist.**

Cleansing and Detoxing with Herbs

Saturday, January 24
2:00 pm. to 3:00 pm.
\$10 non-refundable

New Year, New Classes, New Teacher!

Start your year of transformation with these new classes.

Vin/Hatha with Nancy

Mondays from 5:30 pm. to 6:30 pm.

This month we welcome Nancy New to our team of registered yoga teachers. You may recognize Nancy from class. She has practiced at Avani Yoga since July 2014. Nancy will now teach Vin/Hatha every Monday afternoon beginning January 5.

Nancy's class is a fusion of vinyasa and hatha. Students are led through gentle, synchronized movement with each pose held a few seconds longer than a traditional vinyasa flow class. This class offers a refreshing focus on movement, alignment and breathing! (All abilities. 60 min.)

Good Morning Yoga with Cindy

Tuesdays from 9:30 pm. to 10:30 pm.

Improve your strength, flexibility and balance with this gentle morning yoga class. You'll start your day with more focus and improve your sleep patterns. Seniors are strongly encouraged to give this class a try! (All abilities. 60 min.)

Other changes to our schedule include:

- Discontinuation of Feel Good Friday classes.
- Discontinuation of Thursday morning Vinyasa Flow.

[View and print our schedule](#)

Studio Etiquette: Common Sense Means No Scents

Please refrain from wearing anything scented to class



Proper breathing is an integral part of reaping the benefits of yoga. Not only can strong aromas be distracting, some people have sensitivities to scents. Please avoid using perfumes, colognes, scented lotions, hair spray or gels. Now, don't take this as an invitation to go au naturel; a dab of deodorant is the considerate thing to do, so everyone can take a nice, deep breath of fresh air!

Join Ruth Ann Dunkerly and our friends from The Herb Closet as they show you how to detox your body and mind, giving you a fresh, new you!

You will have the opportunity to purchase products you learn about in this informative session.

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**Sanskrit  
Word of the Month**

**Seva**

Selfless service or work performed without any thought of reward or repayment.

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[Join Our Mailing List](#)

January Karma Class to Benefit the Chesterfield Food Bank

Class is open to the public and benefits our neighbors in need.



January Karma Class

Saturday, January 17, 2015

11:00 am to 12:00 pm.

Class donated by Ruth Ann Dunkerly.

Please bring 5 canned goods.

No cash or checks will be accepted.

Beginning this year, our karma classes will benefit non-profits in the Chesterfield and Tri-Cities area.

How does a karma class work?

Every month one of our instructors will pick an area non-profit and donate one hour of their time to teach the class. We will donate the studio space and props for use during class. The only thing you have to do is sign up online and bring the requested donation item(s) as your method of payment.

Can I make a monetary donation?

No. To keep this process simple, we ask that you bring the requested item(s) as your method of payment.

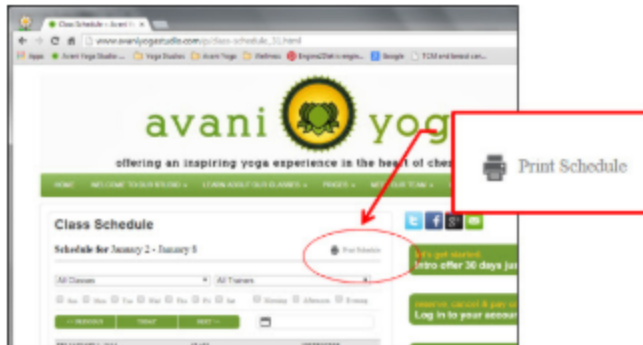
Who can attend a karma class?

Anyone who brings the required donation can attend our monthly karma classes. This is a great way to make yoga more accessible to the public while serving those in need.

For more information or to suggest a local non-profit as a beneficiary of an upcoming class, please contact Jennifer at info@avaniyogastudio.com.

Print Our Schedule

You can print our schedule from our website or Facebook page



Did you know you can print our schedule directly from our website or Facebook page? Just look for the Print Schedule icon in the upper right corner of the [Schedule page](#) on our web site or the Class Schedule tab on our [Facebook page](#).
Voila!