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## Happy New Year

January 7, 2007

### NAMASTE

I hope that each and every one of you had a safe and healthy holiday. The New Year is a wonderful way to implement new practices into our daily lives. If you are a new student enjoying the Intro Offer do not hesitate to come every day or as often as possible. Ask any of the other students: it is a wonderful and affordable chance to deepen your practice.

There are so many new faces in the yoga studio. Many of you are joining us for the introductory offer or perhaps you are returning to daily practice with a commitment to the New Year. We all share our intentions of health and balance, of growth and change.

Remember that as we share space in the room and the mirrors we learn more about our own practice. Try standing in a new place it you have spent most of 2006 in the same exact spot. For the more advacned practitioner: please move towards the mirrors to make room for the new students coming in.

Thank you, Sarah

### In this Issue...

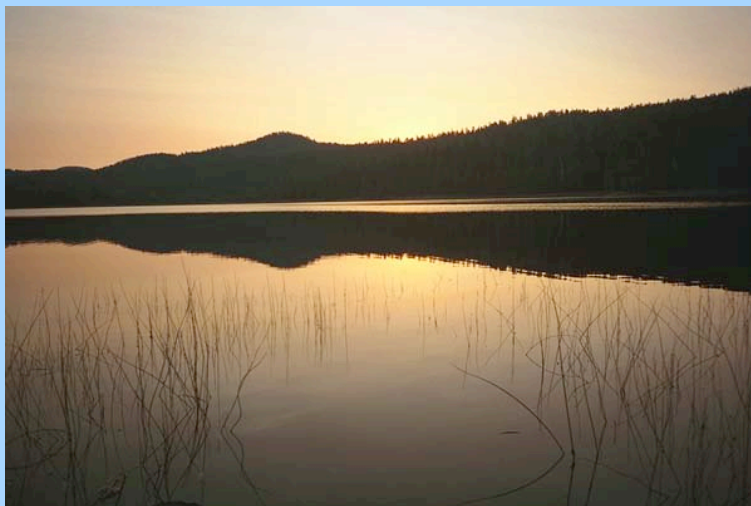
- Meditation
- New Year, New Offers!
- 30 Day Challenge and Posture Clinic
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### New Year, New Offers!

New Students, uncertain about what to do next? Returning students ready for a new commitment? And all you faithful regulars: wondering when *you* are going to get a break?

SPECIAL OFFER FOR **ALL** STUDENTS:

### Meditation



"Whenever there is a little time between duties, retire to the cave of silence within...Seek time to be alone; and in a cave of inner silence, you shall find a wellspring of wisdom."

~Paramahansa Yogananda

Start the New Year in a New Way.

Beginning Tuesday, January 9th Join Josh Rothschild, director of the Center for Heart Hypnotherapy from 6 p.m. to 6.45 p.m. for a 6 week series of Heart Meditation classes. Pick up a flyer at the front desk, or try your first class this Tuesday!

### Go Surfing...

[kennedy kriegler](#)

[Breathe Books](#)

[The Hermitage Plantation](#)

[island experiences](#)

If your budget is as tight as your belt buckle renew your commitment for these low prices:

Monthly unlimited \$100, Annual unlimited \$1000

Between now and February 14th give yourself the gift of yoga at an affordable price. Or give a loved one a healthy jump start to the New Year!

### 30 Day Challenge and Posture Clinic

January 27th to February 25th Join is for the SECOND 30 DAY CHALLENGE.

Strengthen your practice with a commitment that reaps many rewards: a renewed sense of **energy** and **vitality**. Find **strength** and **commitment** to yourself after a busy holiday season of *doing* for others.

Upon completion a FREE 5 class card to use for yourself or to give to a friend AND 20% off of your next package.

We will be starting the Month with a 4 hour posture clinic on Saturday, January 27th during which we will go through the poses in depth. So start thinking about your questions over the next few weeks and we will go into depth, addressing questions, modifications and receiving adjustments or hands on corrections.

### Coming Soon

**Web scheduler** (sign up on-line for your next yoga class...a great wait to save time after the commute in the evening)

**Auto-debit** (commit to a year of yoga and pay \$100 each month, or set up an account to purchase water, mat and towel)

We are making all the necessary transitions to make your experience as easy as possible. Stay tuned for these wonderful changes this month!

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email: [info@bikramyogahampden.com](mailto:info@bikramyogahampden.com)  
phone: 410.243.2040  
web: <http://www.bikramyogahampden.com>

## Gift Certificates

Have a ton of Birthdays coming up? Buy a Bikram Yoga Hampden Gift Certificate for the one you love. Acupuncture and Massage Gift Certificates are also available. Please inquire at the front desk for more details.

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