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Bikram Yoga HAMPDEN Wellness Center

Yogis and Yoginis!

December 8th, 2008

NAMASTE

Happy Icy Morning!bbbrrrrr....

I hope you are all on your way to the **6.30am** class -I am. We have been the first in the state to offer this early morning class **5 days a week**. An optimum yoga practice is a daily one. Bikram Yoga is a great way to start your day and a guaranteed way to feel **great** all day. Please join us. I am told it is one of the most popular classes in some Bikram studios and I would love for that to be the case here.

A few changes starting March 1st: **The Noon Classes will be canceled** on Monday, Wednesday and Friday.

A leap year comes around every 7 years and on Friday, February 29th we will be voting at 6.30am **6.30am class time**. Only those who attend will be able to vote. What's on the ballot?:**6am, 6.15am, 6.30am?** You choose and YOU attend. This class needs a stronger attendance to stay on the schedule.

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UNLIMITED ANUAL MEMBERSHIP=\$950

Have you found your Valentine's Yoga Buddy yet? Please see me or the other teachers if you need a match. Don't

ONE ~The Wellness Spa

**One -The
Wellness Spa
is now open:
Your first
treatment
20% for
Bikram Yoga
Hampden
clients and
friends.**

Go Surfing...

[Birkam Yoga](#)

[Double Dutch Boutique](#)

worry the only commitment you are making is to your health and to your wallet!

Until February 15th you can pair up and buy 2 annuals for \$1900 -that is a \$500 savings! Please class me if you are unable to come in before this offer is over and I can take care of it on the phone.

30, 60 or 90 Day challenge!

Join me on a 30 day challenge! Begin together on March 1st.

We will celebrate our accomplishment by having a party here on **Sunday March 30th after the 4pm class.** Enjoy support and encouragement from fellow students and teachers. Re-focus your commitment and complete **60 days to receive a free month of yoga.** If you do 90 - we'll talk.

To heat or not to heat?....

.....that is the question of January!

In January we discovered that there was a part broken on our heater. As we limped through the month we knew that this would pass. Once we got the repair done -a new gas valve meant we were up and running with more power than we had had in a while. Some of you may have loved it when it was 'not hot enough' while others praised the Fire gods when it was blazing. All in all we are trying to find balance and acceptance. The climate changes, the room change, *and* it is always beneficial to practice these 26 postures. I do my best to give you an optimum environment to enjoy that in.

Thank you for your patience over the past few weeks. Please join me this up-coming week to see what balance we have found together.

Spa

I am so happy to be making my dreams come true -and I hope you are too.

To have an inviting, clean and beautiful space in which to practice yoga and receive a massage, has been the long term plan for this space. *Et voila!*

We have a fully-staffed team of massage therapists here for you. They are always available after a yoga class -so don't hesitate to ask for one as you sign in to class. You can book ahead for yourself and a friend to come in at the same time.

I am sure most of you know Spa Manager, **Vynessa Gilbertson** by now -soon you will know the entire team: **Jessie Callaghan, Lisa Zyski, Sharleen Blinken.** They are all eager to learn more about you and the yoga we all do together.

Two new people to the team: **Emily Wyatt** will be getting to know you at the reception and in March will be here as our Nail Technician, and another very important addition: **Miranda Bushey**

[Tai Sophia](#)

[island experiences](#)

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Join

is the head of the Work Study Team, an essential component to this well oiled machine! *Welcome them and enjoy all they have to offer!*

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