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## Inversion Yoga Newsletter

April into May  
2011



Dear Louise,

Dedicate time now to clean out your living space: both inside and out. How often do we return home with bags of groceries, supplies, gear, clothing, entertainment, and stuff? How much do we leave with in the morning? Where does it all go?

As BKS Iyengar said in Light on Yoga, cleaning out the trash is not just dropping a bag in the dumpster. One must sort through the trash: donate the reuse pile to a cause, sort out the recycling by separating the glass from the cans and cardboard, put the appropriate food in the compost bin, and then toss the garbage. This practice is true for cleaning out both your attic and your body.

It takes time to clean out the body and our homes; but, once we do, living becomes lighter, easier and more joyful. May is the month for spring cleaning. Take initiative this May to nourish your body and clean out your living space! Once these sacred spaces are clear of clutter, the mind can settle, the body can rest, and the spirit can roam freely.

### Hot Yoga Schedule Shifts

While we strive to keep the schedule consistent throughout the season, we are shifting the times of three classes to accommodate more people. **Starting May 1st:**

### IN THIS ISSUE

[Hot Yoga Schedule Shifts](#)

[Spring Cleanse](#)

[Book Club](#)

[Thai Yoga Massage](#)

[D'ana Baptiste](#)

### SPRING CHALLENGES

**The 7 Day Challenge:**

\$70 for 7 days. If you come all 7 days get the next 7 days free!

April 1st-June 1st

**Hot Yoga 30 Day  
Challenge:**

If you come to hot yoga 30 days in a row, get the next 30 days free!

April 1st-June  
1st

**Refer a friend and get  
money back!**

For every referral we put \$2 on your Inversion account. New students simply put

**Monday: 10-11:30 am Hot A**, (was: 9-10:30 Hot A)

**Tuesday and Thursday: 7:15-8:30 am Hot B** (was 6:15-7:30)

The evening hot classes are by far the fullest classes. If you want more space around you, come practice in the morning! In effort to build morning classes we are offering another spring challenge for the month of May:

**Come to 3 morning hot classes in 1 week, get one 1 class free!**

## **Ka Formula Cleanse/ Ayurvedic Alternative/ & Incentives to Support You**

Clear out the toxins!  
Increase your level of energy and clarity of thought! Lose weight, cleanse and rejuvenate all your vital organs without starving yourself!



Cleansing is much more enjoyable with a group than by yourself. Start now!

We will be starting the cleanse as a group this Wednesday:

**10 Day: Start Wednesday April 27th- End Friday May 6**

or **Start Sunday May 8- End Monday May 16th**

**20 Day: Start Wednesday April 27th- End Monday May 16**

Or start anytime in April and May that works for you and we will support you!

If you do not want to take the Ka Formula we will have a group practicing Ayurveda cleansing techniques that do not

your name on their waiver form and we put \$2 on your account that can be applied towards yoga classes or retail.

**Come to 3 hot morning classes in 1 week and receive 1 class free:**

Start your day well.  
Wake up and practice first thing!

### **SCHEDULE**

**Starting May 1st:**

**Monday**

7:15-8:30 kundalini  
10-11:30 hot a  
12-1 power hour  
2-3 core intensive  
4-5:30 hot b  
6-7:30 rock-shtanga 2  
7-8 candle light flow 1

**Tuesday**

7:15-8:30 hot b  
9-10:15 prana flow  
10:30-11:30 yoga workshop  
12-1:15 power hour  
4-5:15 vinyasa  
6-7:30 hot b

**Wednesday**

7:15-8:30 kundalini  
9-10 vinyasa  
10:30-11:30 intro to hot  
12-1 power hour  
4-5:30 hot b  
5:30-6:30 prenatal  
6-7:30 vinyasa  
7-8 restorative

include the need to purchase anything but specific healthy organic food. Inquire via email: inversionyoga@gmail.com, or at the front desk.

For pricing and more information go to our blog: <http://www.inversionyoga.com/blog/>

## Book Club:

Deepen your practice with The Heart of Yoga: Developing a Personal Practice by TKV Desikachar

Meeting the 3rd Wednesday of every month starting this **Wednesday, April 27 at 7:45-8:45 pm**

Come meet the group as we introduce the book and chat all things yoga related. If possible, read up to page 17.

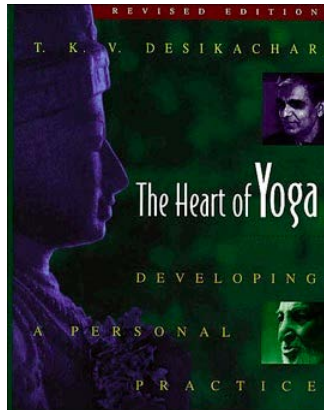
Purchase book at the studio for \$14 (retails at \$19.95). See <http://www.inversionyoga.com/blog/> for a summary of the book.

Bring a snacks or beverages to share or just bring yourself!

## Thai Massage/ Partner Yoga Workshop

**Friday, May 6th: 4-5:30 pm**  
with Certified Thai Massage  
Instructors: Chrissy Shea & Elizabeth Drapela

**Cost: Donation!**



This workshop



### Thursday

**7:15-8:30** hot b  
**9-10:15** prana flow  
**12-1** power hour  
**2-3** injury prevention/  
recovery  
**4-5:15** jivamukti  
**6-7:30** hot b

### Friday

**8-9:30** the primary  
series 2  
**10-11:30** hot b  
**12-1** power hour  
**4-5:15** hot b  
**6-7** happy hour

### Saturday

**8:15-9:45** hot b  
**10:15-11:30** vinyasa  
**4-5:15** happy hour  
**6-7:15** hot b

### Sunday

**8:15-9:45** hot b  
**10:15-11:30** vinyasa  
**4-5:30** hot b  
**6-7:15** happy hour

## CHILD CARE AVAILABLE

### Monday

**2-3** Core Intensive  
**4-5:30** Hot B

### Friday

**8-9:30** Primary Series 2  
**10-11:30** Hot B

### Saturday

**8:15-9:45** Hot B  
**10:15-11:30** Vinyasa



will focus on the healing and beneficial aspects of Thai Yoga Massage. You will learn how to give as well as receive massage. You are welcome to come with or without a partner. Wear comfortable and loose clothing and bring a yoga mat (\$2

rentals available). For more information view flier at our blog: [www.inversionyoga.com/blog/](http://www.inversionyoga.com/blog/)

\$7 for one child  
\$5 for each additional child



## Save the date for D'ana Baptiste!

**Workshop: Friday 9/9/11- Sunday 9/11/11**



Friday night INNER EXPLORATION  
Saturday INTRINSIC CONNECTION  
Saturday pm INNER ALIGNMENT  
Sunday THE DIVINE IN YOU

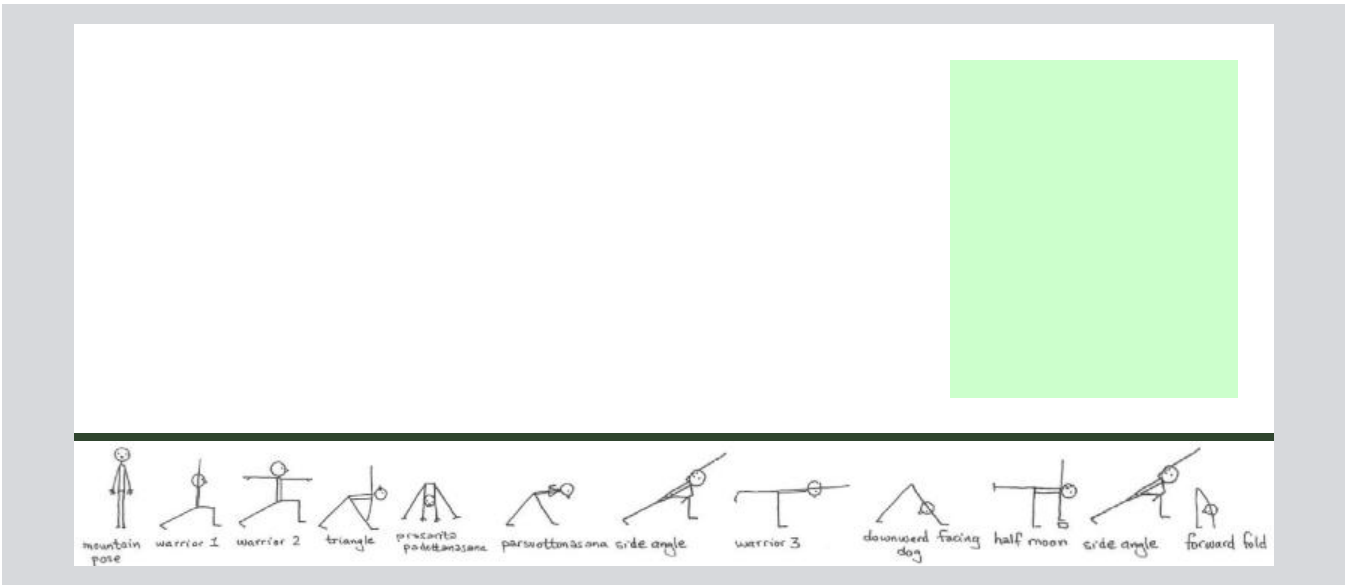
D'ana Baptiste is owner of [Centered City Yoga](#) in Salt Lake City. She has been a part of the fitness/wellness movement for 23 years, and has over 19 years experience in the yoga industry. For more information [click here](#). D'ana is visiting us in

September! Save the date!

As always, we welcome all feedback- positive and negative. We have a suggestion box on top of the mini fridge at the studio, you can contact us [here](#), email [inversionyoga@gmail.com](mailto:inversionyoga@gmail.com) or call 307-733-3038. Thank you all for continuing to deepen your yoga practice and supporting our efforts to build a cohesive yoga community.

Namaste,

**Louise Sanseau**  
Inversion Yoga



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