



"We shall not cease from exploration.
And the end of all our exploring
Will be to arrive where we started.
And know the place for the first time."
T.S. Eliot

Inversion Yoga Newsletter

June 2011

Dear Friends,

June 21, 2011

Summer begins in the Northern Hemisphere today! After another wet and cold spring here in Jackson, we are in need of an abundance of summer sun. When we have two, pushing three months of the year to bask in the sun's warmth, we truly relish each moment. The sun deserves to be thanked. Whether it be with traditional Suryanamaskara A& B, or through your method of practice, this summer wake up and practice a set of sun salutations before starting your day.

Surya means sun or supreme light, Namaskara means bow or salute in Sanskrit. Sun salutations used to be practiced facing East, done as a puja, a ritual, to say thank you to the sun for providing us with warmth and light. Without the sun, we would not exist. Raising the arms up embraces the light and bowing forward brings that light and warmth to earth.

This summer get outside! Go play! But even when the sun is shining, take time each day to practice yoga so that your state of being becomes less vulnerable to fluctuate

IN THIS ISSUE

Beginner Classes

Cooler Classes Now Offered

Summer Schedule:

Monday:

7:15-8:30 Kundalini
10-11:15 Hot 75
12-1 Power Hour
4-5:15 Hot 75
5:30-6:45 Rock-shtanga 2
6-7 Hot 90

Tuesday:

7:15-8:30 Hot 75
9-10:15 Vinyasa
10:30-11:30 Yoga Basics 1
12-1 Power Hour
4-5:15 Vinyasa
5:30-6:45 Vinyasa
6-7:30 Hot 90

Wednesday:

7:15-8:30 Kundalini

with the impermanent nature of all things.

Beginner Classes:

Do you know someone who has been saying I cannot do yoga because I cannot touch my toes? If so, bring them to some intro classes! These classes are also a great opportunity for you to ask questions and strengthen the foundation of your practice.

Tuesday:

Yoga Basics, 10:30-11:30 with Ariel

Wednesday:

Hot 60, 12:15-1:15 with Cameron

Wednesday

Restorative, 7:00-8:00 pm with Ariel

Thursday:

Yoga Basics, 12:15-1:15 with Ariel

More all level options:

Tuesday:

Vinyasa, 5:30-6:45 with Deidre (no added heat)

Friday:

Vinyasa, 12:15-1:15 with Deidre (no added heat)

Monday and Wednesday:

Kundalini, 7:15-8:30 am with Sarah

Now offering cooler class options

Please help us spread the word to all those who turned away because our classes were too warm for their liking.

With two rooms, we now have been able to offer more classes that are not overly warm due to being scheduled near a hot class. The following is a list of classes that are taught in a less extreme climate:

Monday:

7:15-8:30am Kundalini

5:30-6:45pm Rock-shtanga (still warm but not over 86 degrees)

Tuesday:

10:30-11:30

9-10 Core Intensive

12-1 Power Hour

12:15-1:15 Hot 60

4-5:15 Hot 75

5:30-6:45 Vinyasa

6-7:30 Hot 90

7-8 Restorative

Thursday:

7:15-8:30 Hot 75

9-10:15 Vinyasa

12-1 Power Hour

12:15-1:15 Yoga Basics 1

5:30-6:45 Vinyasa 2

6-7:30 Hot 90

Friday:

8-9:30 Primary Series 2

10-11:30 Hot 90

12-1 Power Hour

12:15-1:15 Power Hour

4-5:15 Hot 75

6-7 Happy Hour Vinyasa

Saturday:

8:15-9:45 Hot 90

10:15-11:30 Vinyasa

6-7:15 Happy Hour Vinyasa

6-7:15 Hot Happy Hour 75

Sunday:

8:15-9:30 Hot 75

10-11 Pre/ Postnatal

10:15-11:30 Vinyasa

4-5:30 Hot 90

6-7:15 Happy Hour Vinyasa

Child Care Available:

Monday:

10-11:15 Hot 75

12-1 Power Hour

Friday:

8-9:30 Primary Series 2

10-11:30 Hot 90

Saturday:

8:15-9:45 Hot 90

10:15-11:30 Vinyasa

\$7 for one child

5:30-6:45 Vinyasa (not heated)

Wednesday:

7:15-8:30 am Kundalini

5:30-6:45 Vinyasa (still warm but not over 86 degrees)

7-8 pm Restorative

Thursday:

12:15-1:15 Yoga Basics

5:30-6:45 Vinyasa (still warm but not over 86 degrees)

Friday:

12:15-1:15 Power Hour (not heated)

Saturday:

10:15-11:30 Vinyasa (still warm but not over 86 degrees)

Sunday:

10-11 Pre/ Postnatal

We want to hear from you!

As always, thank you for your patience with the subtle shifts in the schedule between seasons. We are fortunate to be given the opportunity to use the East Room this summer and fall. With two rooms we have an opportunity to offer more class times and a variety in types of yoga classes. We seek to use this time to listen to your interests and see if our small population can sustain a studio with two rooms year round. Thus, if you are interested in learning a form of yoga that is not yet offered at Inversion, if you are interested in more classes, or if you have concerns with current class times please do not hesitate to send us an email at inversionyoga@gmail.com or put a note in our suggestion box. This information will help us in the future.

With Gratitude & Thanks,

Louise

\$5 for each additional child

Child care is provided by Jackson Hole Babysitting, Inc, which is a licensed and insured professional babysitting service that provides families with a safe, quality, fun, and reliable babysitter.

Prenatal_

Sunday:

10-11 Pre/Postnatal

Only \$12 drop in.

Challenges/ Specials:

7 Day Challenge: Buy 1 week of unlimited yoga for \$70. Come all 7 days and receive the following week free.

30 Day Hot Yoga Challenge: Come to 30 days of hot yoga in a row and get the next month free!

New Student Local's Special: first two weeks of unlimited yoga for \$30

QUICK LINKS

[Find us on Facebook !\[\]\(fed825e7856867ee486f6761f9a89d91_img.jpg\)](#)

[Visit our blog](#)





[Forward email](#)



Try it FREE today.

This email was sent to louse.sanseau@gmail.com by inversionyoga@gmail.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Inversion Yoga | 290 N. Millward | Jackson | WY | 83001