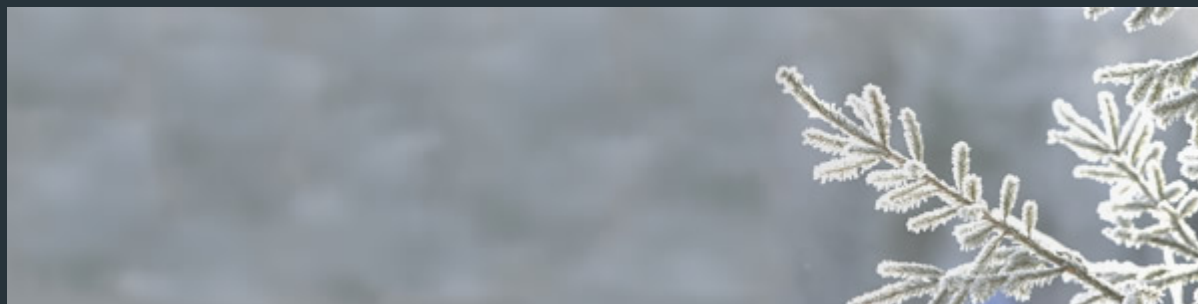


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## Inversion Yoga

December Newsletter, 2010



### Quick Links

[Our Website](#)

[Contact Us](#)



### Winter Schedule

#### MONDAY

Hot Yoga B 7:15-8:45

Hot Yoga A 10:11:30

Power Vinyasa 12-1

Ashtanga V 5:30-6:45

Candle Light V 7-8

#### TUESDAY

Prana Vinya 9-10:15

Vinyasa 10:30-11:30

Power Vinya 12-1:15

Hot Yoga B 4-5:30

Hot Yoga B 6-7:30

#### WEDNESDAY

Hot Yoga B 7:15-8:45

Into2Hot 10:30-11:30

Power Vinyasa 12-1

Ski Fitness 5:30-6:45

Prenatal 5:30-6:30

Meditation 6:45-7:30

Restorative 7-8

#### THURSDAY

Kundalini 7:15-8:30

Prana Vinyas 9-10:15

Vinyasa 10:30-11:30

Power Vinyasa 12-1

### Dear Friend,

**Tis the season to maintain your yoga practice.** Calm any holiday stress or anxieties; restore your battered body after days of skiing; focus your intention to become more efficient with your time; take a moment at the end of the year to pause on the yoga mat and look at yourself from an outside view. What has unfolded around and within you in 2010? What errors incurred that you can let go of by offering forgiveness to yourself or to another? What fortunes came your way that you can be thankful for? What will you shed this year in order to create space for growth or change? Come to the mat this holiday season, find your breath and listen to your body to answer these questions.



### Holiday Classes/ Schedule

#### Christmas Eve Day

Friday 12/24, 10:00-11:30 am Hot Yoga B with Elly in West Room

10:15-11:30 am Vinyasa with Deidre in East Room

**Both classes are donation based- 100% donated to Vertical Harvest**, a local project to build a 30' greenhouse in the town of Jackson. This will be our final effort to raise money for Vertical Harvest. We have raised just over \$1,700. Help us reach our \$2,000 goal! We will choose a new cause for our yoga community to raise money for in the New Year.

The Vinyasa class will be located in the East Room (the big room) so there will be plenty of space! Help us fill the class with 70 people in holiday spirit.

#### Christmas Day

Saturday 12/25 ALL CLASSES CANCELED ;-)

Hot Yoga B 4-5:30  
Hot Yoga B 6-7:30

#### FRIDAY

Hot Yoga B 10-11:30  
Power Vinyasa 12-1  
Hot Yoga A 3:30-5  
Happy Hr 5:30-6:30

#### SATURDAY

Hot Yoga 8:15-9:45  
Vinyasa 10:15-11:30  
Hot Yoga B 5-6:30

#### SUNDAY

Vinyasa 10-11:15  
Hot Yoga B 5-6:30



### Lost & Found!

Are you missing:

Yoga Mats  
Yogitoes (2 orange  
ones to be specific)  
Water Bottles  
Clothing  
Shoes?

On 1/1 we will sell  
all our lost and  
found items at the  
studio and donate  
the earnings to

### New Years Eve Day

Friday 12/31, 10-11:30 Hot Yoga B with Joelle  
12-1:15 Power Vinyasa with Louise

We will offer two regular priced classes on the 31st. Treat yourself to a moment to look inward and reflect on 2010 before transitioning into the new year. Both classes will be located in the West Room. Feel free to sign up online to reserve a spot (we will save you a mat space until 5 minutes before the start of class). Class size will be limited to 30 people.

### New Years Day

Saturday 1/1, 5-6:30 Hot Yoga B

You have the whole day to ski or to sleep off a hang over so come in at 5 pm and celebrate 2011!



## Last Minute Holiday Shopping? Retail Sale Extended Until the 24th!

### Store Open:

12/20 Monday 10am-12am 2pm-5:15pm

12/21 Tuesday 11:30am-4pm

\*15 minutes before and after classes

\*Or call 307-690-1425 to arrange a time to shop that is convenient for you!

This is a store wide sale- any unmarked items are 10 percent off, others are discounted 20 to 40 percent! We just put new Lucy, OmGirl, and Spiritual Gangster clothing out on the floor. We are also now carrying Manduka mats, towels, mat bags, and yoga journals. Our back room is now open and in there you will find: yoga books and cds, zen alarm clocks, eye pillows and many yoga and meditation props: yoga blocks, straps, blankets, bolsters, and meditation sit pillows! Know someone who is expecting? We are now offering prenatal yoga and we are building our prenatal merchandise with body care product and baby goods!

Give the gift of yoga or meditation this holiday season!



## Affordable Yoga

In line with our mission that yoga is a fundamental right, we will continue to offer one donation based class a week and our Friday night Happy Hour class, which is two for the price of one drop in. Our donation based Sweat for

charity.  
**PLEASE CHECK  
TO MAKE SURE  
WE ARE NOT  
SELLING YOUR  
STUFF!**

Humanity class will no longer be on Sunday morning. For the winter, this class will be: Ski Fitness on Wednesday nights from 5:30-6:45 with Louise. So grab a friend and come to Ski Fitness- a power vinyasa class. Name your price and help us raise money for another charitable cause, to be determined in the new year!



## **Feedback**

What do you want to see develop at Inversion Yoga?

- A PT Yoga Series focused on your body and any past or current injuries?
- A Beginner's Series?
- Ashtanga Primary Series?
- What times of the day/ week works well for you?

Please email [inversionyoga@gmail.com](mailto:inversionyoga@gmail.com) for any comments or feedback, both positive and negative that you have!

**We look forward to hearing from you!**



## **The Solstice and Yoga**

**Celebrate the Winter Solstice on Tuesday 12/21 at 9 am with Amanda Botur**

Winter Solstice, which falls on the 21st of December marks the official start of Winter in the Northern Hemisphere. This year we are celebrating a triple sacred juncture or "Sandyha" as Solstice brings the full moon and a lunar eclipse to initiate the season with power and strength. Marked by longer nights and darker, colder days, it is during this time that the moon's energy is said to be strongest and most potent. These strong Lunar tides influence the planet and offer qualities that are nurturing, moist, and receptive.

All beings everywhere, plants, animals, humans are primordially attuned to this Lunar flow and inherently feel the same inward, introspective pull this time of year. During this cycle in the cosmic calendar the natural flow and rhythm is to go within, rest and settle ourselves from all the activities and actions experienced in the Summer and Fall. Despite the holiday festivities, celebrations and flurry of activities during this time of year, we are all on some level feeling an inner desire to slow down and relax. Beginning to honor and flow with how these powerful planetary, cosmic rhythms effect our lives is of vital importance to maintaining health and vitality and

increasing overall happiness and sense of connection.

In Tantric cosmology these Sandyhas (juncture points in our calendar year, month or day), can be mapped onto the actual rounds of our breath. The full moon and winter solstice both are metaphors in tantric pranayama to that sacred moment of the transition between the *in breath* and *out breath*. The winter solstice mapped unto the subtle body is a sacred point where the goddess can fully arise in us, we literally inhale the months of the year that bring us into the fruition of that loving space. With the addition of the full moon eclipse in this juncture, the energy is heightened and gives us that sliver of minute time where sun and moon are completely merged and One and the Shushumna Nadi opens to experience the full power of kundalini Shakti rising.

-Amanda Botur

Come practice with Amanda on Tuesday morning and learn how to bring the Solstice into the inner body and map this particular sacred juncture onto your breath.



**Thank You! Namaste.**

Save  
15%

Print the last page of this newsletter and receive 15 percent off a 5, 10 or 20 class pack! Purchase this offer in the form of a gift certificate and give it as a holiday gift! Coupon must be presented to receive offer.

5 class = \$59.50	down from \$70
10 class = \$110.50	down from \$130
20 class = \$204	down from \$240

Offer Expires: 12/31/2010

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