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Inversion Yoga Newsletter

January 2011

In This Issue

[Jivamukti Yoga Workshop](#)

[Boutique Hours](#)

[Child Care](#)

[Giving Back](#)

[Coupon](#)

Quick Links

[Sign Up For Workshop](#)

[Online Schedule](#)

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Join us for a weekend workshop with renowned Jivamukti instructors: Jeffrey & Andrea

[Schedule](#)

Dear Friend,

Often our engagements, commitments, and responsibilities generate a wave of activity that disturbs our ability to be calm and causes us to move in a constant frenzy. Before we realize, we become lost at sea, searching for a navigation point to lead us back to familiar land. After much ado, we find our way back to shore and quickly get swept out again. Thus continues the patterns of our conditioned existence.

This year root your feet into the sand and take a moment to watch the currents that continue to whirl around you. Practice becoming an observer of your life through yoga and participate in changing the patterns of thought that no longer serve you.

Aum Shanti,
Louise

Becoming human means discovering our fullness and learning to live from it.

-John Welwood

Bring your all to your practice. Do not use it as a means to control your weight, or your appearance, or the effects of aging, or anything else. Let your practice be a means to discover your fullness. Be vulnerable, be sad, be happy, be mad, but be there. Just let it happen. Life is about giving, and through giving we receive everything that we need. Let your practice be about giving- give of your heart, give of your spirit, give of your virtue. As Gandhi said, "Be the change you want to see in the world"

-Day 147, Meditations from the Mat, Rolf Gates

JIVAMUKTI YOGA WORKSHOP

MONDAY

7:15-8:45 hot b
10-11:30 hot a
12-1 power vinyasa
5:30-6:45 ashtanga...
7-8 candle light flow

TUESDAY

7:30-8:45 kundalini
9-10:15 prana vinyasa
10:30-11:30 vinyasa 1
12-1:15 power vinyasa
4-5:30 hot b
6-7:30 hot b

WEDNESDAY

7:15-8:45 hot b
10:30-11:30 intro 2 hot
12-1 power vinyasa
5:30-6:45 ski fitness
5:30-6:30 prenatal
7-8 restorative

THURSDAY

7:30-8:45 kundalini
9-10:15 prana vinyasa
12-1 power vinyasa
4-5:30 hot b
6-7:30 hot b

FRIDAY

10-11:30 hot b
12-1 power vinyasa
3:30-5 hot a
5:30-6:30 happy hour

SATURDAY

8:15-9:45 hot a / b
10:15-11:30 vinyasa
5-6:30 hot b

SUNDAY

10-11:15 vinyasa
5-6:30 hot b

with Jeffrey Cohen & Andrea Boyd

February 25-27, 2011

\$30 for Fri, \$40 for Sat & Sun, OR \$100 for all 3!

It is a pleasure to announce the visit of two renowned Jivamukti yoga instructors, Jeffrey Cohen and Andrea Boyd. These two are a force not to be missed! We have lowered the workshop price to make this event affordable for all. This workshop will fill up. Space is limited so sign up today! To register [click here](#), go to the workshops tab, and follow the online instructions.

Jeffrey and Andrea taught in NYC, before moving to Charleston, SC to open the only Jivamukti school in the US outside of NY. They have been lead mentors at the renowned Jivamukti Teacher Training, appeared in Yoga Journal, and teach all over the world.

Known for their: uplifting, fun, creative, musical, challenging classes, these two are an inspiration to all! Jeffrey's video and radio projects include collaborations with Russell Simmons and Martha Stewart. With Ruth Lauer-Manenti, Andrea edited and produced the books "An Offering of Leaves" and "Sweeping the Dust" published by Lantern. For more information on Jeffrey and Andrea [click here](#).



3 Day Workshop: \$100

(Save \$10 if you make it to all 3!)

Friday, 2/25	5:15-7:15 pm	\$30
Saturday, 2/26	2:00-5:00 pm	\$40
Sunday, 2/27	2:00-5:00 pm	\$40



Course topics for each class will be determined by Jeffrey and Andrea upon arrival. These are active vinyasa flow classes. Please bring a mat, towel and water to the workshop (also available for rent and purchase). I truly hope you take advantage of this great offer and opportunity to explore further into your yoga practice!

Boutique Hours:

Tuesday, Wednesday & Fridays: 2:30-6pm

While yoga retail will still be available for purchase 15 minutes before an after each class, we are adding boutique hours to make your shopping experience more enjoyable. We are looking forward to the arrival of a new line, Shakti Activewear, as well as new Lucy, Zobha and Hardtail orders. You are always welcome to shop at your convenience by scheduling an appointment with Louise at: [\(307\) 438-9786](tel:3074389786).

Child Care available on both Saturday and Monday mornings!

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

Monday: 10-11:30 Hot A & 12-1 Power Vinyasa

\$7 for first child

\$5 for each additional child

We are happy to be able to provide this service. Please help us spread the word for us and for your children. More playmates more fun!

Giving Back

We raised **\$2,037.98** for Vertical Harvest through our Sweat For Humanity class with Brittany and our Holiday

Donation Based Classes in 2010!

This year our efforts will go to:



This winter the Wednesday night, donation based, Ski Fitness class, from 5:30-6:45, will donate 50 percent of its proceeds to TreeFight. We will continue to have holiday classes and other fundraisers to support this local group.

TreeFight is an initiative working to inform the public of the perils the whitebark pine is facing in the Greater Yellowstone Ecosystem (GYE). The tree's health is threatened predominantly by the mountain pine beetle and also by a disease, blister rust. On their website, TreeFight states, "There are 2.5 million acres of whitebark pine forests in the Greater Yellowstone Ecosystem. Forty percent of those forests have been infested by mountain pine beetles." This group is educating the general public on the importance of the whitebark pine in the GYE and on why this is a grave concern for us. Helps us help TreeFight search for solutions to prevent the extinction of the whitebark pine. For more information [click here](#) to visit TreeFight's website.

At Inversion Yoga we believe in giving back to our community. Thank you all for your support!

COUPON: Tell Louise the four themes of this newsletter before February 1st and receive 20 percent off one retail item of your choice! This is how I get you all to read the monthly newsletter and send it on to friends! ;-)

Namaste



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