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I feel warm- **HELLO SUN!**



It's **SPRING**



Let the **PARTY** begin!

Dear Friends,

The ski hill is closing, people are coming and going on vacation, we do not know if it will snow, rain, sleet, or if the sun will shine through today. We are cruising into off season and the town is starting to shut down; it is hard not to shut down with it.

This spring, depend on Inversion Yoga as your constant! We are open all off season with four to eight classes every day. If you feel like you are melting away with the snow, or sinking neck deep into the mud, drop in and we will have classes, book clubs, cleanses, spring challenges and more to uplift your spirits.

We challenge you this month to take a little less and give a little more to your community and to yourself. Rather than becoming frantic and agitated with less activity in your day, enjoy this time of year to think, act and live in a more peaceful way. A daily yoga practice is a wonderful way to cross-train while giving your body, mind and spirit time to restore, revitalize and renew itself.

"Where are you, but here and now?"
-Sky Cries Mary, Chickaboom Cocktail

QUICK LINKS

[Inversion Yoga Website](#)
[Online Schedule](#)

Find us on Facebook 

[Visit our blog](#)

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

Come celebrate our ONE year anniversary!

Saturday, April 2nd
1:00 pm and onward, Après Party
McCollister Dr. in Teton Village



If you are skiing in: look for signs on your right just before UP Connection merges into Eagle's Rest Cutoff, skier's far right side of the mountain before the overpass.

There is no parking so if you are walking: walk up McCollister Dr., past Teton Mountain Lodge. Look for party signs on your right just after the first tram tower.

All food and beverages are free with Inversion Yoga key chain card- if you do not yet have one stop by the studio and pick one up before the party!

Cost otherwise are: beer \$1, wine \$2, burgers (veggie & meat) \$2

Hot Tub (bring your suit) - **Music - Food - Cold Beverages... Help us spread the word!!!**

New Schedule: Starts Friday, April 1st:

MONDAY

7:15-8:30	kundalini	sarah
9:00-10:30	hot a	joelle
12:00-1:00	power hour	louise
2:00-3:00	core intensive	carey
4:00-5:30	hot b	steph
6:00-7:30	vinyasa	niki sue
7:00-8:00	candle light flow 1	deidre

TUESDAY

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

Yoga Book Club:

April's book is:

The Heart Of Yoga: Developing a Personal Practice

by T.K.V. Desikachar

Let us know by 4/6/11 if you want us to order you a copy - \$14 / book (retails at \$19.95)

You can also order [here](#) through amazon. The book is on sale for \$13.57.

We will gather Wednesday night, April 27th, from 7:45-8:45 with tea, wine and snacks. Invitation open to everyone!

Child Care Available:

Monday:
2-3, Core Intensive
4-5:30, Hot B

6:15-7:30	hot b	joelle
9:00-10:15	prana flow	amanda
10:30-11:30	yoga workshop 1	ariel
12:00-1:15	power hour	niki sue
4:00-5:15	vinyasa	louise
6:00-7:30	hot b	cameron

WEDNESDAY

7:15-8:30	kundalini	sarah
9:00-10:00	vinyasa	carey
10:30-11:30	intro to hot 1	steph
12:00-1:00	power hour	sarah
4:00-5:30	hot b	cameron
5:30-6:30	prenatal/ postpartum	amanda/ariel
6:00-7:30	jivamukti	karla
7:00-8:00	restorative 1	casey

THURSDAY

6:15-7:30	hot a	joelle
9:00-10:15	prana flow	amanda
12:00-1:00	power hour	brittany
2:00-3:00	injury prevention/recovery 1	ariel
4:00-5:15	jivamukti	karla
6:00-7:30	hot b	sarah

FRIDAY

8:00-9:30	the primary series 2	niki sue
10:00-11:30	hot b	elly
12:00-1:00	power hour	deidre
4:00-5:30	hot b	ariel
6:00-7:00	happy hour {1 for \$10, 2 for \$16}	steph

SATURDAY

8:15-9:45	hot b	elly
10:15-11:30	vinyasa	jessica
4:00-5:00	happy hour {1 for \$10, 2 for \$16}	ashley
6:00-7:15	hot b	steph

SUNDAY

8:15-9:45	hot b	ariel
10:15-11:30	vinyasa	brittany
4:00-5:30	hot b	sarah

Friday:
8-9:30, The Primary Series
10-11:30, Hot B

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

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

Prenatal/ Postpartum Yoga:

Wednesday: 5:30-6:30
\$12 Drop In

Welcome New Teachers:

Ariel Mann:



A Jackson Hole native, Ariel graduated from Colorado College in 2004 with a B.A. in Psychology. Ariel completed her 200-hour teacher training at Maui Yoga Shala with Nadia

6:00-7:00 happy hour { 1 for \$10, 2 for \$16} danielle

It is hard to believe it has already been one year since we opened! Please continue to offer feedback and help us grow into a community yoga studio where students grow into teachers and teachers continue to learn as students. Thank you all for your constant support!

Aum Shanti,

Louise Sanseau
Inversion Yoga

Toraman.

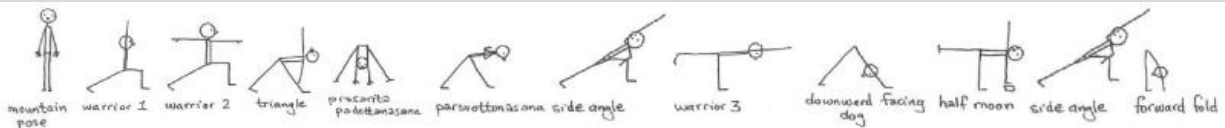
When not in the yoga studio, Ariel is busy running her comprehensive health and wellness business, JH Wellness. In addition to teaching yoga, she offers healthy cooking classes, personal training, private chef services, catering, wellness programs for businesses, and nutrition, sport and personal coaching.

Check out [Ariel's Website](#)

Welcome also:

Danielle Goldyn
Ashley Colgate and
Casey Wilson

Bios and photos are coming soon!



Monthly Coupon:

20 percent off one retail item of your choice

OR

Save 10% on 10 and 20 class packs:

10 class pack for \$117

20 class pack for \$216

Offer expires 5/1/2011

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