



## YOGA IN SEWICKLEY HOLIDAY NEWSLETTER

Happy Holidays Everyone,

Once, when the Dali Lama was told that he had a very busy day, he replied, “Well, then I guess I will have to meditate for an extra long time this morning”. During this frantic time of year, taking the time to attend Yoga class is important for your health and well being; in the long run it will keep you healthy, calm and happy. Join us over the holiday season at Yoga in Sewickley and bring a friend or relative.

SUN., DEC. 11 1 -3 pm HIP HIP HOORAY: HIP OPENERS with Sheryl. Sign up at the Studio or call Carol at 412 741 0275.

WE NEED YOUR OPINION: During Dec., we have shortened some 90 minute classes to 75 minutes. Gentle classes remain at 90 min. Monday 10:30 and Wed. 5:15 remain as one hour classes. By the end of the month, we would like feedback from all students regarding their preference for future 75 or 90 minute sessions. Your voice matters so please let us know if we should continue some classes in 2012 as 75 or 90 minutes.

**A SPECIAL HOLIDAY TREAT: MONDAY, NOV. 19 5:15 to 6:30  
CANDLELIGHT RESTORATIVE CLASS**

Sign up at the Studio or call Sharon at 412 741 6145

Space is limited so sign up early.

**WED. NOV. 21: CANDLELIGHT GENTLE CLASS WITH CAROL BECK.  
5:15 TO 6:15. No sign up necessary.**

**HOLIDAY SCHEDULE:** No classes on Dec. 25, 26 and Jan. 1. All other classes will take place at the regular times. See the current schedule on our website at [www.YogainSewickley.org](http://www.YogainSewickley.org) and check out our Facebook Page.

GIFT CERTIFICATES: Gift certificates for any number of classes are available at our Studio. If you purchase a gift of \$120 or more, a free eye bag is included. Our \$10 eye bags are also available as gifts and go great with Relaxation CDs.

SNOW CLOSING: If Quaker Valley Schools close for snow, we are also closed. However, if QV is delayed, we will hold class.

## COMING UP

THIRD ANNUAL WOMENS WELLNESS DAY. FRIDAY, JAN. 20  
9 TO 4 PM AT ALLEGHENY COUNTRY CLUB. This year's event promises to be the best yet. Our theme, "Creating Balance in your Life" focuses on a blend of fitness, healthy/healing food and products. Sessions include Nutritionist Janet McKee presenting food demos and informational session, mindful stretch, essential oils, personal products and cosmetics which are healthy and environmentally friendly and Masala Bhangra workout (Hint: Bollywood dance). Lunch will combine healing foods with gourmet flavor. The cost is \$50 including lunch and sign up is through ACC at 412 741 7500 or email Kathleen Wycoff at [kfwycoff@me.com](mailto:kfwycoff@me.com). to sign up or with questions.

**Look for more new classes and workshops in January and February including Therapeutic Yoga, Partner Yoga, Inversions, and Restorative .**

### Gentle Reminders

- Try to be on time for class and if not tip toe in quietly
- Please put your cell phones on silent not vibrate
- Refrain from wearing heavy perfumes
- Keep the props tidy as we are not the only ones in the studio
- Share our newsletter with a friend! thankyou

We thank all of our students for your support and also your personal commitment to yoga.

Namaste,

Carol, Sharon and Terri

*"The most powerful gift we can give the world - live with an open heart."  
jlasater*