

April 2008

Even people who aren't *sick*
may not have *optimal wellness*.



Active Meditation,
Tarot & Divination
Classes

Begin Sunday
April 6th

[Register Now](#)

[Learn More](#)



Complimentary
Introduction to
Detoxification

Workshop
Monday
April 14th

[Register Now](#)

[Learn More](#)



Have you asked
about the benefits
of a Photofacial?
They can make you
look years younger.

[Learn More](#)

We are pleased to
introduce and
now carry Zrii.



Just back from her training on the Big
Island. *Julia* is very pleased to be booking
appointments for

Sacred Lomi

During Sacred Lomi, you will be embraced as an integrated
whole being - your physical, emotional and energetic self.

You will experience unconditional love and acceptance -

Aloha

This is like no other massage you have ever had!

[Learn More](#)

Got Stress?
Want Less?

Learn how to use EFT to help manage and
reduce stress.

Workshop - Saturday April 26th 1:00 - 4:00 pm

[Learn More](#)



We want your input. We are looking into offering the following
classes and wanted to see if you are interested. *Please let us
know.*

Reiki Level I and II Certifications.

[Learn More](#)

Mindfulness-Based Stress Reduction

Since its inception in 1979, more than 17,000 people have



*Endorsed by the
Chopra Center.*

Amalaki is the keystone of Zrii's formulation because it is the botanical for cellular rejuvenation. For centuries, Ayurveda has identified amalaki as a potent source for better body, mind, and spirit.

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completed the eight-week Mindfulness-Based Stress Reduction Program and learned how to use their innate resources and abilities to respond more effectively to stress, pain, and illness.

[Learn More](#)



Studio News

Due to a change in the instructor's availability, *Ashtanga* will now be on the 1st & 3rd Thursdays of the month at 7:30.

Opposite that is a new class: *WillPower & Grace*, on the 2nd and 4th Thursdays at 7:30. This cutting edge barefoot training workout is cardio-conditioning like you've never seen! A fusion of principals...dance, yoga, Pilates and old-school calisthenics for students of all levels...

Prenatal Yoga has been moved to 6:00, to get our expectant moms home at earlier hour.

Our *Candlelit Restorative Yoga* Class will be held at 6:30, on the 1st & 3rd Fridays of the month. Class size is limited, please reserve your space early.

Partner Yoga is the last Friday of the month at 6:30. Space is limited so please reserve your spot early, \$35 per couple

[Schedule](#)

Namaste, ("I honor the Spirit in you which is also in me.")

Ed, Sherry & the *all about you* Team