

February 2008

In minds crammed with thoughts, organs clogged with toxins, and bodies stiffened with neglect, there is just no space for anything else.



### Active Meditation

Sunday's

12 to 1 PM

Drop-ins Welcome!

[Learn More](#)



### Couples Connection Workshop

Saturday  
February 23<sup>rd</sup>

[Learn More](#)



Look no further for the perfect gift!

There is no better way than a couples massage to start or cap off your Valentines Day Celebration. To help out, we have extended hours (including Sunday) Valentines Day weekend.

We also have a number of Valentines Day Promotions.

[Learn More](#)



## Join us for Partner Yoga

Friday February 15th from 6:00 to 7:30

This class is for all levels - even if you've never tried yoga before.

Only \$35 per couple - Space is limited.

## IPL Laser

We still have a number of complimentary appointments for February 17th & 18th

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## Studio News

We are pleased to be adding an additional Beginner Class on Monday evenings at 6:00 p.m. We've heard your requests and are happy to be able to accommodate!

Following Beginner on Mondays will be a Power class at 7:30 p.m.

We are looking for your input. We are thinking of adding a Candlelight Restorative Yoga Class on Friday evenings at 6:30 beginning in March.

To learn more about Restorative yoga and/or share your thoughts, [click here](#).

We continue to *tweak* the schedule trying to appeal to the widest possible audience we can. Please let us know how we might better accommodate you!

[Schedule](#)



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

Ed, Sherry & the *all about you* Team