

January 2008

If you don't take time *now* to be healthy,
you will be *forced* to take time later to be sick.



**New Years
Resolution
Workshop**

Saturday
January 19th
1 to 4 pm

[Learn More](#)



**Tarot Class
5 Weeks**

Wednesdays
Beginning
January 23rd
6:15 to 7:30 pm

[Learn More](#)



**Divination
Exploration
6 Weeks**



**Closed, but still
open...**

**While we are
shut down December 31st
to January 6th**

You can still take advantage of our
Service Series and *Gift Card with
StuidoPass* Promotions Online



***Pulse-Light Laser is
Coming to***

all about you

We are please to be partnering with **Simply Smooth** to bring the latest technology (IPL) in permanent hair removal and photo facial capabilities to our clients.

To help create a foundation for providing services we will be providing a complimentary service to the first 30 people to make an appointment.

Thursdays
Beginning
January 24th
6:15 to 7:30
pm

[Learn More](#)



Active
Meditation

6 Weeks

Saturdays

Begining

January 26th

12 to 1 PM

[Learn More](#)

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Don't miss out, act now!!

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Studio News

It is with mixed emotions we say goodbye as we wish Valerie the best in her new roll as Fitness Director of the Athol YMCA. We'll miss you Valerie.

Welcome **David Moekel** to our teaching team. David will be leading a 90 minute **Ashtanga** class Thursday evenings at 5:15 beginning January 10th.

Prenatal is moving to Thursdays at 7:00, to give our moms to be a little bit earlier start of their class



Yoga for Strength (formerly Transformations) is now on Wednesday evenings at 7:30

The Tuesday noon class is moving to Wednesdays at 11:15 with Cheryl, providing an 11:15 yoga class Mon - Wed - Fri

We are extremely pleased with our new line-up. We have lengthened all of our yoga classes to a minimum of 75 minutes, Pilates classes are still 60 minutes. There are now advanced and entry level classes most days of the week.

[Schedule](#)

Product of the Month

10% Discount off our entire in-stock inventory of Dermalogica's breakthrough product line formulated



to slow down the signs of aging.

[Learn More](#)

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

Ed, Sherry & Company