



March 2008

In order to change,
we must be sick and tired of being sick and tired.



Age Defying Tips
& Techniques
Seminar Series
Begins Saturday
March 29th

[Register Now](#)

[Learn More](#)



Spring
Detoxification
for Well-Being
Seminar Series

Begins
Wednesday
March 26th

[Register Now](#)

[Learn More](#)



Did you see *all about you* in
this month's Central Mass
Magazine?

If not, click on the cover image for an
online version of the rave review we
received from the writer and her cousin.

Now Open Sundays!

To better accommodate requests, and in response to
growing demand *all about you* is extending our hours.

As of March 2nd, will be open and providing services
from noon to 4:00 p.m. on Sundays. (excluding holidays)



The introduction of IPL laser skin rejuvenation
& permanent hair removal services
has received glowing positive reactions.
Don't be the last to find out why.



**Active
Meditation, Tarot
& Divination
Classes**

**Begin Sunday
April 6th**

[Register Now](#)

[Learn More](#)



**Coming in April,
Lomi Lomi with
Hot Shell Sugar
Scrub Exfoliation**

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We're still booking complimentary consultations.

Service appointments are being offered next on
March 17th & 18th and are going fast!

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Studio News

Please join us in welcoming our
three newest instructors at
all about you.

Marge Maurukas will be offering
Power Vinyasa Mondays at 7:30
p.m., **Sue Laaksonen** will be
leading a beginner class
Wednesdays at 11:15 a.m.,
and **Grace Gagnon** will teach Vinyasa Flow Yoga
Wednesdays at 7:30 p.m. and Prenatal on Thursdays at
7:00 p.m..

To see all of our instructors bio's. [click here](#)

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

In March it will be held on the 7th & the 21st at 6:30 p.m.

To learn more about Restorative yoga. [click here](#)

Partner Yoga was such a hit, that it will now offered
monthly on the last Friday of the month, beginning in
April

[Schedule](#)

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

Ed, Sherry & the ***all about you*** Team