



www.hotyogawellness.com

HOT YOGA WELLNESS™

*Spirit is the Life
Mind is the Builder
Physical is the result*

AUGUST News and Events

Well, **summer** is definitely here – it is quite hot and humid. Good times! It's great to see all of you at the studio! We are delighted that you are taking good care of yourself by finding time for your amazing yoga practice. As we all know: *it is "the best exercise in the whole wide world"!*

ALL STUDIOS NEWS & SCHEDULES

Check www.hotyogawellness.com for current schedules and more news. Student rates and first-timers packages are always available at all studios.

SUMMER PACKAGES* (ALL STUDIOS):

- **ENJOY THE SUMMER WITH HOT YOGA WELLNESS:**
 - **\$ 40-** 30 Days of Unlimited Classes - **first timers ONLY –Bring your friends**
 - **\$110-** 1 month of unlimited classes
 - **\$300-** 3 months unlimited
 - **\$960-** for One Year of Unlimited Classes
(*If it makes economical sense then you put yr present package in storage and proceed with one of "sales" packages)
(*All applicable taxes included, no further discounts can be applied)

15-DAY AND 30-DAY CHALLENGES: You did a great job! See your Studio below.

WE WANT TO HEAR FROM YOU:

Your feedback is very important to us! If you have any comments about any of our studios, our teachers or classes, please let us know! If you would like something changed, new classes added or with any other comments, please confidentially e-mail sujun@hotyogawellness.com.

NEWS FROM WOODBRIDGE

CIVIC HOLIDAY – please check the [website](#) for Civic Holiday complete weekend class schedules.

The Nutrition class will resume again in the fall due to popular demand. Normalize your weight, tone your body and ease your mind through yoga and nutrition.

Tuesday 9:30am is Power Yoga –body temperature yoga and challenging. Beginners are quite welcome but please do only what you can do safely. Pay attention to your body and especially to your breathing. (See the Hot Yoga Wellness Tip of the Month below)

15-DAY AND 30-DAY CHALLENGES: Congratulations to EVERY participant in the challenges. No matter how many classes you attended - you still gave yourself a gift of well-being and wellness. For those of you who have met the minimal threshold of the Challenge, a little token and gift await you at your home studio.

NEWS FROM CONCORD

CIVIC HOLIDAY – please check the [website](#) for Civic Holiday complete weekend class schedules.

15-DAY AND 30-DAY CHALLENGES: Congratulations to EVERY participant in the challenges. No matter how many classes you attended - you still gave yourself a gift of well-being and wellness. For those of you who have met the minimal threshold of the Challenge, a little token and gift await you at your home studio.

Nutrition, Stress Management and Health Qigong Classes will resume again in September due to popular demand. Normalize your weight, tone your body and ease your mind.

NEWS FROM KENNEDY STUDIO

CIVIC HOLIDAY – please check the [website](#) for Civic Holiday complete weekend class schedules.

15 & 30 Day Challenge participants. Thank you all for coming and receiving your prizes. You did really well and let's do it again soon.

TEACHER TRAINING is happening NOW

Hot Yoga Wellness International is offering an extensive teacher training program starting September 4th and to be held every Saturday and Sunday until early December. (Canadian Yoga Alliance)

This training is open to ALL LEVELS – all you need is a passion for yoga!

The 250-hour intensive course will lead to teacher certification. The Intensive Teacher Training Program is a unique approach blending teachings from many schools, with guest speakers from these disciplines.

Our concept is **East meets East in the West**. Hot Yoga Wellness teacher training combines teachings from Classical Hatha Yoga with teachings from other yoga schools to develop a unique blend of skills to enable the teachers to teach Hot Yoga in a safe, challenging and yet relaxing environment. Upon graduation, teacher-students will have the knowledge, skills and experience required to teach yoga not only in a heated room, but also in a non-heated room. In addition, teachers will learn about nutrition, stress management and Chinese medicine. That will enable our teachers to incorporate their newly-developed skills for the benefit and well-being of their students by providing a well-rounded workout combined with a serene yogic lifestyle.

→ **For more information please [click HERE](#).**

Register NOW, we only have a few spaces left. Classes will start in September! Also please do register as there are instruction classes available starting now for those who may have to miss a weekend(s) due to other obligations.

TIP OF THE MONTH - ANDREW SUBIETA

The typical osteopathic visit consists of a full-body evaluation. During the assessment the osteopath will look at your posture and alignment of your body, check all of your joints, evaluate the condition of your muscles, tendons and ligaments and also may use the hands to palpate position and motility of your internal organs and cranial (skull) bones. There are many manual treatment techniques that may be used to treat your dysfunction. When applied appropriately, these techniques are very powerful and effective.

Pain Management and Rehabilitation Clinic, Concord. For an appointment call 905.660.8810.

TIP OF THE MONTH - HOT YOGA WELLNESS -

This summer is quite hot and humid and this is the time that we must remind you that our primary concern is the safety and well-being of our students.

All our teachers are trained to take good care of the class. But, the safety in the class – starts with you. Only you know and can feel your body. Remember, our bodies are different each and every day. No matter whether it is your first class or you have been practicing for 5 years, you always need to listen to your body and adjust your practice accordingly. This way, the class will be an enjoyment not only for you, but for all of your fellow practitioners.

SAFETY TIPS

- Come **well hydrated** to the practice and sip water during the class, as needed – especially on hot, humid days and keep drinking water after class.
- Do not have a heavy meal before the practice, but do not come starved either. Try to have a solid meal 3 hours before the practice. A banana or another similar snack an hour before the practice can also work well.
- Constantly scan your body and listen to its clues – if you feel tired or overwhelmed by the heat – take a break! You will get absolutely no benefits by pushing yourself beyond your limits – you will end up hurting yourself and hindering your practice.
- If you have **any** injuries or health concerns, please talk to your instructor before **each** class and make them aware of your conditions.
- Replenish your supply of salts and electrolytes. We sell “Emergen-C electrolytes supplements”. Coconut water is also an amazing source of electrolytes (but please, try the coconut water in the comfort of your home first – it can negatively affect some people’s digestive systems).

We hope you are thoroughly enjoying your summer.

See you at the studio!

NAMASTE !

The Hot Yoga Wellness Team

www.hotyogawellness.com

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Concord 905-660-8880

Kennedy 416-901-5788

Please "forward" this newsletter to your friends.

If you do not wish to receive our emails then please type your Hot Yoga Wellness sign-in name and the word "REMOVE" and email to info@hotyogawellness.com Thank you.