



www.hotyogawellness.com

HOT YOGA WELLNESS WOODBRIDGE

28 Roytec Rd, Woodbridge, L4L 8E4

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

August News and Events

We asked for a hot summer and we got it. With days like these it is important to stay hydrated and well nourished. We want you to remember that nutrition is a big part of your hot yoga practice. Food is your fuel. Let's all try to eat more fruits and vegetables this month and see how it changes your energy and your hot yoga practice. Stay healthy and come enjoy some hot yoga with us.

Quote of the month- Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom and no one in this world would ever move forward to become the person they're meant to be. "

Civic Day long weekend: July 30th to August 1st

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|-----------------|------------------------------|-----------|----------|--------|
| Saturday | July 30th | AM | 8:00 E | 10:00 |
| | | PM | 12:00* | |
| Sunday | July 31st | AM | 9:00 E | 11:00* |
| | | PM | 8:30 E * | |
| Monday | August 1st | AM | 9:30 | 12:00* |
| | | PM | 8:00** | |

More details please check www.hotyogawellnesswoodbridge.com

Summer Special (HST INCLUDED):

Take advantage of a regular yoga practice with more savings by picking up one of our summer specials. Stay inspired, healthy and tranquil all summer long.

- 2 month unlimited pass for \$220
- 4 month unlimited pass for \$400
- Student with school ID \$90 per month with 4 month contract.
- You can put your current pass on hold and reactivate it after your summer pass is completed.
- **Applicable from June 1 – Aug 31, 2011**

More special please check www.hotyogawellnesswoodbridge.com

Kid's Yoga: August 14th & August 28th

- For Kids aged 4 -12 - getting to know yoga.
- Enjoy 50 minutes of fun and yoga exercise (non-heated class)
- \$10 to register, only \$5 each additional child in the same family.
- **Pre-Register Only!**
- Please call 905-266-0894 to register.
- Private or Group Class available upon request

Free Tai-Chi Practice on August 20th, Class starts 2 P.M. (Open to public)

- Take this great opportunity to learn about Tai-Chi – “moving meditation”
- **Pre-Register Only!**
- Call 905-266-0894 or Tina@HotYogaWellness.com to register.
- **Free to Everyone** ~~

Hiring:

- Certified Yoga, Pilates, kid's Yoga teachers, Please send your resume to tina@hotyogawellness.com

Thank you for supporting your Hot Yoga Wellness Studio.

NAMASTE !

The Hot Yoga Wellness Team

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