



[www.hotyogawellness.com](http://www.hotyogawellness.com)

# HOT YOGA WELLNESS™

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

## JULY News and Events

**Summer** is here – days are getting longer and hotter. It is a perfect season to spend with the family. Between BBQs, walks in the park and other summer-related fun, remember your regular practice. Not only will it help you to stay in great shape for the summer (yeah, yeah, those trips to the beach), but also keep your mind calm and relaxed between all of your commitments.

Enjoy your summer and we always look forward to seeing you at the Studio!

### HOT YOGA WELLNESS NEWS & SCHEDULES

Check [www.hotyogawellness.com](http://www.hotyogawellness.com) for **current schedules and more news**. (On the opening page just click on **your** studio for the July Schedules and for July Specials.) The Regular Prices have increased slightly but please note that all “plan” and “class” prices INCLUDE HST.

#### SUMMER PACKAGES:

- Specials depending on the studio. Click on your studio at [www.hotyogawellness.com](http://www.hotyogawellness.com) or ask reception.

#### 15-& 30 DAY CHALLENGE:

Our Challenges are going really well at all Studios. Keep up the good work. Use your membership plan or you can purchase the special 15 day “challenge” package of **\$70 until JULY 5<sup>th</sup>**

#### SOME TEACHERS ARE AWAY IN JULY:

A few teachers will be away in July and new teachers will cover their classes.

For all of you travelers – be safe and have fun! We will miss you and look forward to seeing you again soon!

### NEWS FROM CONCORD

- **\$30 for 30 Days of Unlimited Classes** \_first timers ONLY
- **Holiday Schedules:** Canada Day & Civic Holiday -See [www.hotyogawellnessconcord.com](http://www.hotyogawellnessconcord.com)
- **Schedule changes:**  
**Tuesday** and **Thursday** evening class are **changed to 5:30pm and 7:00pm** and **Sunday Zumba Dancing** class changed to **4:30pm**
- **Nutrition class, Qigong and Stress Management** will start again around Labour Day.

## NEWS FROM WOODBRIDGE

- **\$40 for 30 Days of Unlimited Classes** \_first timers ONLY
- **Holiday Schedules:**  
Canada Day & Civic Holiday -See schedule [www.hotyogawellnesswoodbridge.com](http://www.hotyogawellnesswoodbridge.com)
- **Nutrition class** will start again around Labour Day.

## NEWS FROM KENNEDY STUDIO

- Our studio at 3241 Kennedy Rd is now the "second home" for many new students. Welcome to the newest Hot Yoga Wellness Studio and bring your friends.
- **\$30 for 30 Days of Unlimited Classes** \_first timers ONLY.
- **Holiday Schedules:** Canada Day & Civic Holiday - See [www.hotyogawellnesskennedy.com](http://www.hotyogawellnesskennedy.com)

## HOT YOGA WELLNESS – YOGA TEACHER TRAINING

Hot Yoga Wellness International's extensive teacher training program will be on Saturdays and Sundays starting early September thru till early December.

**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 go to [www.hotyogawellness.com](http://www.hotyogawellness.com) and click on Teacher Training. At the bottom of that page there are several links for more information. Call 647-801-4932 if you have further questions and also to Register. Please register soon as space is limited.

## TIP OF THE MONTH - Andrew Subieta M.Sc., R.M.T

Are you concerned about taking pain relief medication because of possible side effects and health risks?

Consider electrotherapy and therapeutic ultrasound, a non-invasive pain relief technology that has been used in clinical settings for many years. Together with osteopathic adjustments, massage therapy and acupuncture it helps relieve pain of the low back, shoulders, neck, elbows, hips, knees, ankles and feet.

OSTEOKLINIKA- Pain Management and Rehabilitation Clinic.

Call 905-660-8810. Located in the HOT YOGA WELLNESS studio in Concord.

## TIP OF THE MONTH - HOT YOGA WELLNESS

### Working through challenging poses – **modified triangle pose**

<http://www.yogabasics.com/standing-twists/revolved-side-angle.html>

All of us at some point in our yoga practice find one asana or another challenging (for one reason or another – whether physically or emotionally). One of such poses is the **modified triangle pose**.

Typically, a natural reaction to a challenging pose is to fight the pose, “struggle” through it by engaging the muscles and “suffer” through the pose.

However, when we choose to muscle our way through the pose, this is a sure way to either inflicting an injury or finding a great imbalance in the practice, leading to us “fighting the same battle with” with the asana again and again.

On the other hand, the more we surrender to the pose and the experience of the pose, the more effortless and accessible it becomes, and the more we are able to be within our challenges to see that surrender is our greatest path to the enjoyment. And of course, not forgetting the breathing it is the breath that will take us through the most challenging of the poses, including the triangle pose.

Many of our cultural references point us toward effort and the importance of winning in our lives. “**No pain, no gain,**” – we hear this so many times. It is so easy to become conditioned to the thought that success is proportionate to the amount of effort we put in, and in no way related to patient acceptance of where we are at. We are not often encouraged to let go into our foundation of strength and be open to whatever experience we are having in the **present moment** while we patiently wait for the next experience to present itself.

It is a great idea to approach this and other challenging asanas with a sense of balanced strength and openness to the present experience – leading us on a path of discovery of a world of delightful enjoyment and strength. **Surrender doesn’t equate with weakness.** At moments in our life, surrender requires the most strength of all. When we trust in the deep strength within us, and choose to act from this space, then the “fights,” or difficulties of life are enveloped with a deep sense of ease and space.

As with all poses, always strive for balance: balance between challenge and your own ease, leading to an enjoyable practice focused on “effortless effort”.

**Enjoy!**

See you at the studio!

**NAMASTE !**

**The Hot Yoga Wellness Team**

[www.hotyogawellness.com](http://www.hotyogawellness.com)

Woodbridge 905-266-0894

Concord 905-660-8880

Kennedy 416-901-5788

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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](mailto:info@hotyogawellness.com) Thank you.