



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*

September News and Events

To all of our Great Yoga Students! Hopefully you are having a great summer!

Always set aside some time for yourself. Remember that the time you spend at the studio is well spent. Most people find that yoga will increase their sense of wellbeing and overall health and thus improve their relationships with others.

Labour Day long weekend: Sep.3rd to Sep.5th

Saturday	Sep.3rd	AM 8:00 E 10:00
		PM 12:00*
Sunday	Sep.4th	AM 9:00 E 11:00*
		PM 8:30 E *
Monday	Sep.5th	AM 9:30 12:00*
		PM No Classes

More details please check www.hotyogawellnesswoodbridge.com

20 Days challenge : September 15th to October 4th

Join in our "20 days challenge" to keep you hot into September!

No extra costs – just use your membership plan or put your current pass on hold and take the 20 days Special: **\$80 Only** (HST included)

You will simply be amazed by what a continuous practice will do for you in so many ways! Challenge yourself! You will see and feel the results – mentally, physically and spiritually.

More special please check www.hotyogawellnesswoodbridge.com

Kid's Yoga: September 11th & September 25th

- 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 September 17th , 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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