

HAPPY HOUR

Healing And Peaceful Pilates & Yoga

YOGA



Happy February Happy people! We have some fun stuff planned this month. First off, there are two big workshops in February that I know you're going to love! We're also going to start a challenge!! It's a great challenge and I hope everyone will participate - because I think we'll all see big results! But what is MOST EXCITING is that this is the month we get to see BRADIE TENNELL SKATE IN THE OLYMPICS! Shut up!! That's amazing! I had shirts made for the occasion. which you can check out and purchase at the studio soon! And I'm planning a viewing party! I have a projector and you're all invited to the studio when Bradie skates so we can all watch her together on the big screen! It's going to be so much fun! Mark your calendars and bring your friends. The more the merrier. Good luck Bradie!!

There is a promotion this month. Not every month, but yes, this month there is! It's the **Let Go Promo!!** It's my hope that everyone who comes to Happy Hour Yoga tries a Let Go class. If you don't give it a try because you don't "like" yoga, or you don't "do" yoga, I don't think you really understand what this class is. I offer it free to cancer patients because it's so therapeutic and calming. I want you all to try it! Yes it's a yin yoga class, but it's not your typical "yoga" class. at all. And I'm going to force you to try it! Hahaha! It is for literally everybody. Every BODY! It's for the young and old, the marathon runners, the couch potatoes, the stiff and sore and tight, the limber and the flexible, the stressed out, the run down, ok you get it...everyone! You'll get a 15% discount on a package if you try a Let Go class in February (see "Let Go Promo" for details)! I really believe this class helps everyone so, so much and I really think you should do this for yourself! We are always so hard on ourselves and we hold onto so much stress and anxiety. Our minds never stop going. ever. Our brains are like that Energizer Bunny, they just keep going and going and going but Let Go gives you a chance to turn it off, just for a little while, and I would love for you to give this class a try.

I'm really looking forward to a fun February. Enjoy the Super Bowl this weekend! Have a HAPPY Valentine's Day! If you don't have a special someone, come spend it with your pals at the studio, and pamper YOURSELF! Check out all the things we have in store and come and enjoy your Happy Hour!!

Nancy