

Encinitas Yoga

April Newsletter

Spring Greetings

Dear Friends and Students,

It is now officially spring, the time of the year for fresh ideas and exciting new projects... We at Encinitas Yoga decided that this is good time to begin some things new as well. We will be holding our first **Encinitas Yoga Workshop Series** event **this month!** "**Exploring Forward and Backbends**" - an in-depth continuation of the last few newsletters and some of the Encinitas Yooga classes within the theme of back and forward bending in the last months. This workshop lead by Florence and Outi is open to all students. Prepare yourself with an open mind coated with enthusiasm and join us for this fun and educational workshop on Saturday, April 18th. (*Details in side panel*).

Another inspiring event is offered at Encinitas Yoga **starting 15th of April**. Brinda Rao, a popular lecturer on Indian Gods and God-

esses, has accepted our invitation to talk with us at Encinitas Yoga about The Mahabarat, one of the greatest epics ever written - of which the Bhagavat Gita is a part. This event is open to all, on a donation basis, to Encinitas Yoga students and non-students alike. We invite you to participate in this special opportunity. Brinda Rao was a speaker during the 10 day intensives at the former Yoga Room and is a long time devotee of SRF.

And last, but not least,

our class changes for the month are as follows:

The Wednesday 4pm Heated class is discontinued. Instead we now offer a Monday 12:30pm-1:30pm Power Hour class. We hope you'll be able to add some spring to your Monday step by taking this class and boost your energy during the day! Yoga lunch break... Nourishment on all levels!

We hope you continue making yoga part of your daily/weekly health and

overall wellness maintenance and improvement strategy. The **Encinitas Yoga Yoganomic Stimulus Plan** (\$100 for one month of unlimited Yoga) is still in effect to make it just a little bit easier! We look forward to seeing you in class.

With Spring Greetings,
Namaste,

Outi and Encinitas Yoga Staff

Encinitas Yoga Workshop Series

"Exploring Forward and Back Bends"

Saturday April 18th 2009

2:00pm - 5:00pm

Led by Encinitas Yoga Teachers Florence Debout and Outi Pulkkinen

Place: Encinitas Yoga

960 Second Street. #202

Encinitas, CA 92024

Tel. 760 753 1828 - E-mail info@encinitas-yoga.com

Yoga addresses the muscular imbalances caused by our modern sedentary lifestyle.

In this workshop we will explore how forward and back bending postures can help restore optimal movement of the spine and promote overall well being.

The workshop is divided into 2 parts: a warm-up/preparation class (gently heated) followed by an in-depth forward and backbend practice.

Cost of workshop:

- **Sign up by April 11th: \$40**
- **After April 11th: \$45 (Space is limited. Sign up early)**