



September 2017

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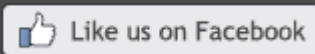
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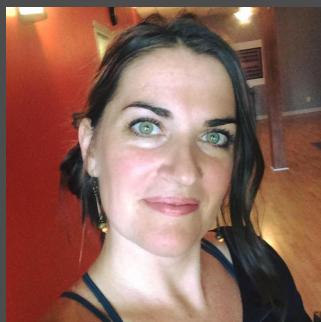
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First Friday Yoga Club

October 6; 5:45-7:15



Donation only class.
Open to the community.
No previous yoga experience necessary.
Please join me the first Friday of each month for a free community yoga class with time after the



Dear Amber,

As summer comes to a close, and autumn moves closer, we find ourselves "moving towards change". From a traditional viewpoint, autumn was the time to reap what we have sown, or harvest. It may look different in today's world, but there are a number of ways we can harvest, or enjoy, the fruits of our labors. Taking some time to reflect on the seeds planted throughout the year is a wonderfully congruent practice for the season. Reflection can take many forms, such as writing in a journal, making time for meditative practices, planning a retreat or new self-care regimen. Take what you have sown so far this year, and use it to learn something about what you're going to need for the coming months.

Come practice with us ~The Body Studio

Leta's Next Retreat!

October 20-22, 2017

Timber Creak Retreat House in Drexel, MO

This is your chance to get away from it all. Relax, rejuvenate, restore your soul.

[Click Here For Registration & Details!](#)

practice to enjoy the presence of those in our community. There is no charge, but donations will be accepted, and proceeds will go to Wichita State University, Center for Combating Human Trafficking.

****This month Cozy Leaf Tea will be on site serving their organic loose leaf tea blends designed for wellness, delicious to sip!**

cozyleaf.com

[Click Here For Details](#)

Our Favorite Products Mahanarayan Oil



[Click for More Details](#)

For Muscles & Joints

A nourishing and strengthening oil with rejuvenating and analgesic qualities, it is used to soothe sore muscles and tendons, supporting an active lifestyle and preventing over-use damage.

The oil can be applied locally to areas where there is physical discomfort. It may also be diluted with a base oil and used in deep-tissue massage.



New Meditation Class Now offering Meditation in the evenings! Thursdays starting in October 6:45-7:15p



This 30 minute weekly class with Amber will include some guided meditation and silence. All levels welcome. Just like Friday morning meditation with Heidi, cost will be \$5 drop in, or FREE to those who attend Yin Yoga before and stay. Come practice with us.

***Note, there will be no meditation class Thursday, October 26 due to a private event. ***

Upcoming Events... Meditation 101: Train your brain and Open your heart

**November 7th & 14th
with Heidi**

**Time: 7:00-8:15p
Cost: \$40.00**



[Click Here For Details](#)

**Did you know...?
We Offer Yoga Socials!
Our Schedules are filling up, so book
your HOLIDAY date TODAY!**

PLUS, stop in for our summer to fall sale going on now and SAVE on t-shirts, headbands, sandals and more!



Fall Class Schedule September-October

[Click Here](#)

**Download our APP
today!!**



We have an app in the app store!

View class schedule, subs & more even faster from your phone or tablet!

Plus, *allow notifications* and we will update you on cancellations, deadlines & specials!

Call Heidi or Amber today to book your Yoga Social! Perfect for small holiday gatherings, girls night, family night, birthdays, or just cause!

\$100.00 for 2 hours. Includes light snacks, tea and water, set up and clean up, check in of guests and 60 minutes of yoga instruction.

BYO Friends/Family and heartier food and utensils if you wish.

**Advance payment required. Maximum 15 students. Non-refundable if cancelled less than 24 hours prior.*

The Body Studio, 4800 W. Maple, suite 124, Wichita, KS 67209

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