



January 2018

In This Issue

[Meditation Immersion](#)

[Meet our NEW Massage Therapist](#)

[GAL-entine's Day Fundraiser](#)

Quick Links

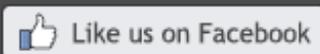
[Register Now](#)

[Become a Member Today](#)

[Get Fit Personal Training](#)

[Class Schedule](#)

[Events](#)



First Friday Yoga Club February 2 5:45-7:15p



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 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.

[Click Here For Details](#)

Our Favorite Products



Foam Rollers

Greetings!

It's 2018, and many of you are setting goals and intentions, and many of you are just NOT. Why do some of us get really hyped about our goals this time of year, and some of us roll our eyes when we hear the words "New Year's Resolution"?

Well, here's one theory-some of us are panda bears, and some of us are brown bears. And maybe you're a black bear, but you're a male, so you don't need to hibernate to have your cubs like your female counterparts.

We are all affected by the natural world we live in, but we don't all respond to it exactly the same. However, each of us has to adapt in order to survive. A well-rounded and consistent yoga practice is one of the best ways to discover what it is we actually need today to not only survive, but thrive as well.

Whether you're a hibernator, or a mover, we have a class that's right for you. We want you to make every pose an expression of yourSelf. And, as pictured above, even animals in the wild do some kind of daily calisthenics!

Come as you are. Come practice with us ~The Body Studio

Meditation for Joyful Living: an Immersion

Saturday, January 20, 2018;
9:00a-12:00p

Cost: \$60.00

Includes 1 private session to be scheduled after the Immersion



REGISTRATION REQUIRED-Click For Details

Welcome Dorian Frances, massage therapist

We love these foam rollers for tight muscles and joints all year round, but especially during the cold, stiffer months of winter! Purchase yours today!

**Class Schedule
January-March
[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!

Dorian has been a Certified Massage Therapist for 10+ years. Giving each of her clients a therapeutic massage in a spa like atmosphere, while promoting pain relief, more movement in the body and allowing maximum body relaxation is her primary goal in every massage.

Owner and operator of Simply Healthy Massage for the past 7 years, Dorian is excited to add The Body Studio as a new location for her to continue her passion. She became Nationally Certified in 2008 and has been Board Certified for Advanced Therapies since 2016.

She graduated from Mesilla Valley School of Therapeutic Arts in New Mexico with 670 hours and has since done over 200 hours of continuing education including classes on hot stone therapy, cranial sacral/body dynamics, essential oils, kinesiology taping, and is currently taking a class to learn more about body work on clients with fibromyalgia.

She lives in Newton with her guy Eric, their pup Ragnar, and 2 cats Marko Ramius and Madame Big Puddy. She has a BA from the Kansas State University.

Call 316-942-0323 to schedule with Dorian



GAL-entine's Day Fundraiser

Grab your best gal pal or pals and pamper yourselves for a special GAL-entine's Day event with Amber and Courtney from 7:00-9:00pm

Take in a 60 minute all levels yoga class at 7:00p, afterwards enjoy refreshments and light snacks, and receive a 10 minute chair massage and/or reflexology from certified massage therapists, Amber and Courtney.

Cost: \$20/ticket-90% of proceeds will be donated to the Center for Combating Human Trafficking combatinghumantrafficking.org/-One Too Many

*****Space is limited to 16 participants.
REGISTRATION REQUIRED**

