



March 2018

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In the middle of difficulty lies opportunity.

~ Albert Einstein

**First Friday Yoga & Customer Appreciation Event
April 6
5:45-8:45p**



Join us Friday, April 6th as we celebrate our 4th year. We want to say thank you with a customer appreciation event.

Event includes:

Dear Amber,

Spring is a time of renewal, awakening, and wonder! So how can it be that a season we long for most of the winter becomes stressful, or even perhaps, exhausting? One explanation comes from the sister science to yoga known as Ayurveda.

Spring is a time of transition and growth. If you think of other times in your life where you're experiencing growth, change, or sort of stuck in a moment in time waiting to move forward, those times can feel downright uncomfortable. Transition, or growth, requires energy, which in turn, requires nourishment and extra self-care just as plants and trees are beginning to require extra attention in the form of food, water, and sunlight.

As human counterparts of our environment, we too require extra nourishment in the forms of rest, meditation, yoga, bodywork, whole, nutritious foods, and yes, even more water and sunlight. It's important during this time to find balance in our daily life, to use your practice to learn what your current resources are, and what you're going to need to replenish them in the coming weeks of growth and transition.

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

Mantra & Chanting:an ancient practice in a modern world

- Free Yoga Class at 5:45 with Amber

Followed by:

- Free gift
- Free Chair Massage
- Prize drawings from Wichita Body Studio and Hair After Studios
- Light Refreshments

Thank you for another great year!

30% OFF ALL APPAREL!



Get your Body Studio apparel 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!

Saturday, March 31, 2018;
10:45a-12:15p



Suggested Donation: \$15.00
Proceeds benefit

[The Center for Combating Human Trafficking](#)

[Click For Details](#)

**Welcome Nicole Peltier-Hall to Wichita!
April 20th & 21st**

Nicole has been teaching her eclectic, musically inspired, creative sequences for over 17 years while owning and operating a yoga studio in Brookside, Tulsa (The Yoga Room). Her timing, rhythm & experience with creative options make her classes feel fresh and invigorating, yet also, aligned.



Nicole studied at Mount Madonna Center in 2000 & 2001. Over the past 17 years she has accumulated numerous trainings with mentors such as Tias Little (Prajna Teacher Training), Shiva Rae (Prana Vinyasa) , and the Prison Yoga Project. She has been training teachers locally with EYS (Everyone Yoga School) for the past 4 years. Her specialties are 'The Art of Cueing', 'Mirroring & Volume Control' and 'Tools to Expand Flow Options'. She currently offers Certified Yoga Teachers a 16-20 hour Yoga Alliance Accredited Certification in her original yoga style she calls H3 (Hip Hop Hatha). Her latest creation is Raven Yoga for Sobriety. Nicole is passionate about her personal recovery and eager to find ways to assist others in the path she claims saved her life and gave her soul a make-over. Nicole trains tirelessly in Trauma Informed, Relapse Prevention, Recovery inspired workshops and trainings. Her students get lifted and empowered with the soul work she lives and with the music and moves that make her heart shine. She teaches full time at The Yoga Room and offers classes currently at Women in Recovery, 12&12 (Rehab & Recovery Center), Street School (for under privileged youth) and yoga retreats & festivals.

Friday, April 20th
Rock n' Roll Yoga
5:30p

Saturday, April 21st
Raven Yoga for Recovery
11:00a

[Early Bird Pricing Ends April 6th](#)

Space is Limited

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

Summer Pass is BACK!

3 Months Unlimited Yoga for \$150.00

ON Sale May 10th-31st

*Valid for weekly classes June 1 through
August 31, 2018 only. No sharing. No
refunds or exchanges.*



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

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