

October 21, 2022



COMMUNITY NEWSLETTER

Building our community through yoga, workshops, clinics, and community events. We're here to support you in your practice.

UPCOMING

Fri, October 28 @ 7:30 PM
Pink Lotus Soundbath
with @Courtney.Yogi

Mon, October 31 @ 9:30 AM
Vinyasa in your COSTUME
with @TheGhostLady

Sat, November 12 @ 1:00 PM
Backbend Clinic
Kat and Steven

Sun, November 24 @ 9:00 AM
ThanksGiveYin
with @PinkLotusNicole

OCTOBER SOUND BATH

With the latest and greatest GONG addition, our Pink Lotus Sound Baths got an upgrade! Join us every other month and bliss out to 3 gongs, Native American Flutes, Crystal and Himalayan singing bowls, Solfeggio tuning forks, and so much more.

Sound Healing is gaining in popularity due to the immense healing powers the specific vibrations and tones induce. Every experience you have will be completely different and unique.

Backbend ★

★ ★ Clinic

with Kat & Steven



BACKBEND CLINIC

Backbends can be intimidating, for lots of reasons! They are physically challenging, requiring not only flexibility, but strength as well. When we don't go into the pose with integrity, we recruit strength from places that don't support the task. There's also a mental and emotional component. Backbends can make us feel vulnerable and exposed. On top of that, there's the fear factor! "I can't do Bow!" "Camel hurts my back!" "WHEEL POSE!?"

Kat and Steven will break down the mechanics of backbends starting with lots of prep poses and take you one step at a time so you can find the best step to focus on for your body. Lots of modifications and alternatives!

THANKS-GIVE-YIN

There's really no better way to start Thanksgiving Day than with Nicole's delicious Yin! Let your body feast on the long, therapeutic stretches that Yin provides before the festivities of the day unfold and set yourself up for a stress-less holiday season.



Class is \$20, and if you are able to, we are encouraging students to bring canned food donations to help support our community.

TEACHER SPOTLIGHT - ASHLAN

I recently heard a student exclaim to Ashlan, "You really kicked my butt today!"--to which she casually replied, "Well, I just gave you every opportunity to kick your own butt!" Ashlan's classes are truly tailored to suit your needs, she continuously suggests options for students of every level. Her energetic teaching style really encourages students to breathe into their inner power and shine, while creating a safe space where everyone feels supported and challenged.

Aside from Yoga, Ashlan is a full time artist. You can find her at local markets and fairs selling her handmade GHOSTS! What a perfect time of year to support her and buy local! Check her out on social media @TheGhostLadyShop today.



IN STUDIO

\$30



Pink Lotus

Friday Oct 28 | 7:30 to 8:45 PM

SOUND BATH



WWW.PINKLOTUSYOGACENTER.COM

9:00 - 10:15 AM

Thanksgiving Day

JOIN NICOLE FOR

Thanks Give Yin



\$20 + canned food donation