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 un 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.

due to the immense healing powers the specific vibrations and tones induce. Every experience you have will be completely different and unique.

THANKS-GIVE-YIN

There's really no better way

Sound Healing is gaining in popularity



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

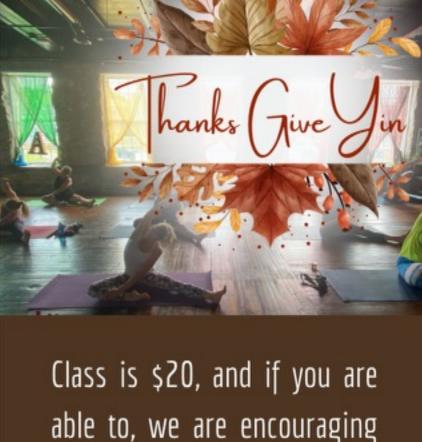
take you one step at a time so you can find the best step to focus on for your body. Lots of modifications and alternatives! TEACHER SPOTLIGHT - ASHLAN

Ashlan, "You really kicked my butt

today!"--to which she casually replied,

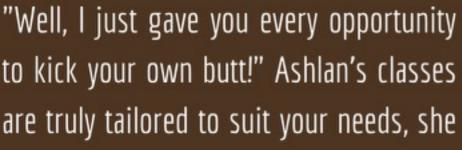
I recently heard a student exclaim to

to start Thanksgiving Day than with Nicole's delicious Yin! Let your body feast on long, therapeutic stretches that Yin provides before the festivities of the day unfold and set yourself up for a stress-less holiday season.



food donations to help support our community.

students to bring canned

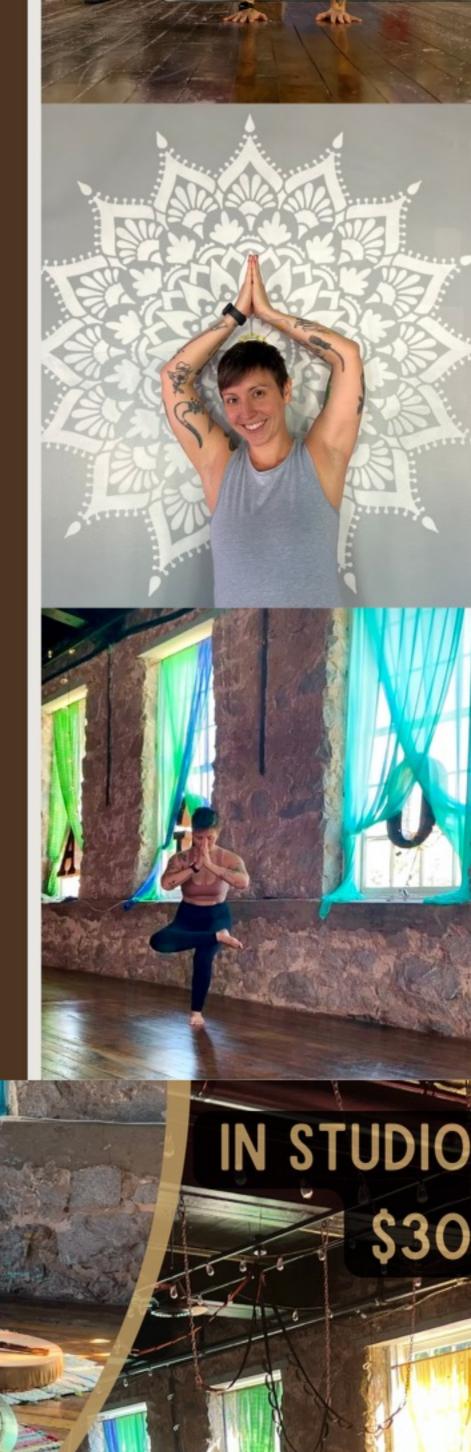


to kick your own butt!" Ashlan's classes are truly tailored to suit your needs, she continuously suggests options for students of every level. Her energetic teaching style really encourages students to breathe into their inner power and shine, while creating a safe space where everyone feels supported and challenged. Aside from Yoga, Ashlan is a full time artist. You can find her at local markets and fairs selling her handmade GHOSTS!

social media @TheGhostLadyShop today.

What a perfect time of year to support

her and buy local! Check her out on





JOIN NICOLE FOR

\$20 + canned food donation