

HOT YOGA has been a big hit so far, so here's the plan. We're going to add a Hot Yoga class to our schedule on Sundays at 4pm. (beginning Feb.19th). We are also increasing the heat in our Power class on Wednesdays at 6pm. Three hot options each week:

Wednesday 6pm Hot Power
Thursday 7pm Hot Basics
Sunday 4pm Hot Basics

For safety and best hygiene practices, you will need to have your own mat. If you would like our help in finding one, please let us know.

FREE INTRO TO YOGA
Sat. Feb 18th, 10:30am.

This is not a yoga class. It is a demonstration and explanation of yoga for those new to the practice or looking for more instruction. Come to this class, ask questions and see demos.

FREE CLASSES and other announcements are posted on our Facebook (FB) page because it's quick and easy! Even if you don't like FB, or don't have a FB, you can still visit our page (without signing up) to see the latest information. www.facebook.com/loveyogastudio. www.GoLoveYoga.com also works.



**TEEN/
STUDENTS
5\$/CLASS
YEAR ROUND!**

PLEASE PLEASE PLEASE . . .

1. Be early or on time for class
2. Remove your shoes in the studio
3. Silence your cell phones
4. Practice on an empty stomach
5. Have your own mat
6. Make intelligent choices based on your own physical level.
7. Inform your instructor of any injuries or pregnancy.
8. Be conscious of personal hygiene and avoid strong scents as they can make it difficult to breathe deep. (perfumes, sprays, smoke, soaps or a lack of soap? etc).
9. The studio is intended to be a safe place in which to honor ourselves and others with respect and without judgement.

Please help to keep it this way.
Thank you...and Namaste.

WHAT YOUR YOGA MAT SAYS ABOUT YOU: That you even have your own mat says you are committed and invested in your personal well being. Well Done! The color of your mat however, says a little more.

Black: Practical in nature, practical joker and practices yoga quite often.

Pink: Has fun in yoga, particularly in balance poses. Focus is your challenge.

Red: Quirky and confident personality, on and off the mat.

Blue: Edgy with a conservative twist. Always positioned at the edge of class.

Green: Lighthearted but very health conscious. Will practice yoga anywhere.

Orange: Bold Beaver Fan but doesn't really practice yoga much.

White: You don't exist, we've never seen a white yoga mat.

Hybrid Colors: mauve, melon, turquoise; lime: You have a flare for whimsy and like to be unique without being the center of attention. On the edge, without going over. Yoga is your subtle way of soul searching.

NEW CLASSES/EVENTS/WORKSHOPS AND RETREATS COMING SOON! FIELD TRIPS TO PORTLAND YOGA STUDIOS! WATCH THE WEBSITE FOR MORE INFORMATION

NAMASTE: The soul in me recognizes the soul in you. It is spoken at the end of class as a way of expressing gratitude and acknowledging that we are all part of the same world. Also often used as a greeting and a gesture of thanks. (Similar to 'Aloha'; 'Sayonara'; and 'Sup Dawg').

UJAYII BREATH is a breathing technique often called 'ocean breath'. It is used to warm the body, slow the mind and steady your practice. Ask for instruction or Google Ujayii Breathing. (Also very helpful for falling asleep)