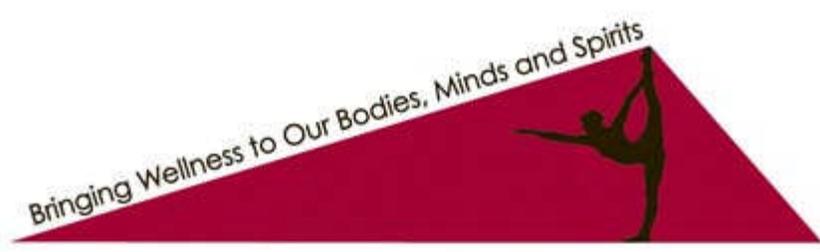


Laurie Krause

From: Richard Mercer, Bikram Yoga Simsbury [studio@bikramyogasimsbury.com]
Sent: Tuesday, November 16, 2010 8:05 PM
To: studio@bikramyogasimsbury.com
Subject: {Disarmed} Bikram Yoga Simsbury Newsletter #16



Bikram Yoga

In the Valley Simsbury

Newsletter #16 ~ November 17, 2010

Quick Links

[Our Website](#)

[Class Schedule](#)

[Testimonials](#)

In This Issue

[Simsbury Herbology
Opens!](#)

[Gift Certificates Rock](#)

[Congratulations!](#)

["Presents for Paws"](#)

[Article Headline](#)



Hello Laurie,

The holidays are coming! It's that exciting time of year when the weather turns colder and that hot room starts to feel really, really good. Please note:

Thanksgiving Hours:

Thursday, November 25, 2010

8am and 10am only

No 6am, 9am, 1pm, 4:30pm, 6:30pm, 8:30pm

All other days, regular schedule.



You will find the website always updated with current hours and any holiday changes.

Please remember our late evening classes are now held Monday through Thursday at 8:30 pm. It's a great way to finish your day.

Hope to see you there soon!



Simsbury Herbology is now open!

Laurie is newly certified in Traditional Chinese Herbology. This thousands-of-years-old practice of treating imbalances in the body naturally with herbal formulas is a very gentle and highly effective way of helping the body to heal itself.

Formulas are made of herbs pressed into tablets to swallow for easy use.

See Laurie for an appointment! She will also have some great cold and flu formulas on sale, as well as some wonderful healing teas. See more at:

www.simsburyherbology.com

Holiday Ideas

Don't know what to buy someone for the holidays? How about the gift of health. We have hand-done Gift Certificates available in any amount.



Studio Tips



Please line the top of your mats up with the **white numbers** on the baseboards in the room.



Please remember that the yoga room is a

Congratulations!



Linda Simons completed her first 30-Day Challenge! What a great accomplishment and personal challenge. Ask her how she did it and what it did for her!

On Thursday, 11/18/10, *Chuyong Kwak* will have completed 200 classes in 200 days! Unbelievable! She is having an Open House to

celebrate, so please see the posters around the studio for details.

We have several people now in the midst of their own **30-Day Challenge**. What a great time to do it, in preparation for the holidays and all the wonderful food about to be served up!

"Presents for Paws"



You will see a collection box near the shoes, where we are looking for pet supplies. This great group assists pet shelters around the state. Their website is:

www.presentsforpaws.com

where you can see their wish

list. Bring stuff by anytime to help out saved pets waiting for a permanent home.

In Closing.

We have been pleased with the response to the 8:30 pm class. The feedback has been that, without that class, many of you would not be able to practice regularly. Please tell your friends and family about it so we can keep attendance

silent room. It is a place for meditation and peace before, during and after class.



Often times, the doors are locked once class begins. Please do your best to get here at least 5 minutes **before class begins**. We do not want you to miss class!



Do what you can to not place your mat **in front of someone else** if at all possible. Everyone likes a view of the front mirror. In tandem with this, however - if you want to guarantee yourself a view in the mirror, **move your mat up a few rows!** You can do it!



Nancy Dean is Graduating!



Our own Nancy is graduating this coming weekend from Bikram Yoga Teacher Training!

What a great accomplishment! We look forward to having her join our roster of great teachers.

[Forward email](#)



This email was sent to studio@bikramyogasimsbury.com by studio@bikramyogasimsbury.com.

up and keep the class in place permanently.

As always, if you have ideas about class times or other studio items, please let us know. Feedback is always welcomed!

I thank you for being part of our Bikram Yoga Simsbury community. This quote from B.K.S.Iyengar really speaks to the true benefits of a regular Bikram Yoga practice:

"Yoga teaches us to cure what need not be endured, and endure what cannot be cured."

Don't let the holidays stress you out this year. Take it easy, take time for you, and come into the hot room to heal.

Namaste,

Send Us your Bow

Email us a picture of you performing Standing Bow Pulling Pose in a different locale: on vacation, on the beach, on a mountain top, be creative! We'll post them on our website! Send them to:

studio@bikramyogasimsbury.com

Thanks!



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