



June 2018 Newsletter

Summer is almost here! How I adore this weather. I love not having to wear a jacket or feel cold outside. The colors of spring are healing on my eyes and mind. I have been taking more walks in the woods and breathing in the aliveness of nature. Have you looked at the trees lately? Really looked? Take a moment today to breath in their magnificence. They are here for us to enjoy.

There will be Saturday morning classes all through June. I hope to see you in class this month!

Namaste

Visit our Website

Group Trip to Kripalu

Wouldn't it be nice to have a relaxing weekend full of self-care, walking in the woods, doing yoga, getting a massage, going in the hot tub, and eating delicious organic food? Well here is your chance!

I am putting together a group trip to Kripalu Center for Yoga and Health and would LOVE for you to join! You will get 10% off of housing if you come as part of the group. I am thinking about Labor Day weekend but I am open to other dates if that one doesn't work. Send me an email if you are interested and I will start a list. We need at least 10 people to make it happen.



[Click here for more information on Kripalu](#)
