



Mind-Body Positive Self-Care YogaBorn.com

Starting anything new can be intimidating.

Come as you are! Our expertise to provide alignment yoga services, massage, reiki, & sound healing is helpful with numerous physical, emotional, & spiritual complaints.

February 2018

Share Your Yoga Love

- ♥ Bring friend/family member
- ♥ Who is new to Yoga Born
- ♥ Attend first class

Follow Us



- 🌿 **Fri Feb 2 6:30-8:30PM Reiki Share** Led by Bonnie Zaman. All Reiki Certified are welcome to participate. Contact Bonnie for a Reiki/Aroma Touch session or with questions 860-944-1668. *Donations accepted at the door.*
- 🌿 **Sat Feb 3 10:45-11:45AM Chair Yoga** Relieve neck-shoulder pain, improve flexibility, and feel less stiff overall. *Member \$20. Advance Sign Up \$25/Day Of \$30*
- 🌿 **Sun Feb 4 10:30-11:30AM Guided Imagery Meditation** Helps to reduce stress & promote relaxation - different topic monthly. For a personal appt call Bonnie 860-944-1668. *\$20 OR Included in Membership & Class Package.*
- 🌿 **Fri Feb 9 6:30-7:30PM Gong Meditation*** Doug will be playing different Gongs, Gemstone infused Crystal Bowls, Tibetan Bowls along with various Chimes & Tingshas. *Member \$20. Non-Member Advance Sign Up \$25/Day Of \$30.*
- 🌿 **Sat Feb 10 10:45-11:45AM Chair Yoga** Improve posture, balance, strength & flexibility! *Member \$20. Non-Member Advance Sign Up \$25/Day Of \$30.*
- 🌿 **Sat Feb 10 12:30-1:30PM Reiki Orientation** All interested in learning more about Reiki &/or becoming certified. Contact Bonnie for a Reiki session or with questions *No charge to attend.*
- 🌿 **Sat Feb 10 4:00-5:30PM Partner Yoga***
No experience needed. This playful practice is open to couples, family members & dear friends.
*Pays for Two: Member \$45.
Non-Member advance sign up \$55. Day of \$60.*

Self-Care
is an act of
Self-Love

Yoga Born, Town Center 1735 Ellington Rd, South Windsor 860-432-5678

🌿 **Sun Feb 11 4-6PM Restorative Yoga & Singing Bowl*** Learn to let go. Postures & bowl release tension, restore energy & calms the nervous system. Space limited to allow individuals equal time to be bowled. *Member \$20. Non-Member Advance Sign Up \$30/Day Of \$35.*

🌿 **Sun Feb 18 10:30-12:00PM Intro to Props*** Learn ways to lengthen, strengthen, & relax using yoga props. Focus use of blocks to find alignment, strength & balance. Visit YogaBorn.com to learn about the different focus each month. *Member \$20. Non-Member Advance Sign Up \$25/Day Of \$30.*



🌿 **Sat Feb 24 By Appointment 10:30AM, 11:15AM, 12:00PM, 12:45PM, 1:30PM. Personal Yoga & Aroma Touch® Therapy** Combines 30 minutes of Personal Yoga followed by 30 minutes of Back/Feet AromaTouch® Therapy using a customized choice of doTERRA Essential Oils and Blends. *Members \$70 / Non-Member \$80.*

🌿 **Sun Feb 25 4-6PM Yoga & Gongs*** Enjoy a complete practice of movement, poses, breath work, meditation, & relaxation. Experience gong, singing bowl & bar chimes to entice the brain into realms of well-being, emotional balance, & cellular healing. *Member \$20. Non-Member Advance Sign Up \$30/Day Of \$35.*

Sign Up Today ~ **Visit YogaBorn.com**

Gift Certificates ♥ *Available 24/7*

YogaBorn.com & StellarTherapeuticMassage.com

Attendance Policies

Bad weather closings posted online. All signed up in advance will be notified.

Bare feet. Silence electronics. Refrain from wearing perfumes.

***Must have 5 signed up in advance to hold**

Healing Arts

By Appointment:

🌿 **Personal Yoga** Dawn Greenfield

Stellar Therapeutic Massage

Cari Mott 860-324-7029

Harmonious Self

Bonnie Zaman 860-944-1668

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