



January 2018

Happy New Year!

Follow us



Mind-Body Positive Self-Care YogaBorn.com

Yoga Born is here to support you in your health and wellness. Our expertise to provide alignment yoga services, massage, reiki, and sound healing is helpful with numerous physical, emotional, and spiritual complaints.

🌿 Fri Jan 5 6:30-8:30PM **Reiki Share** led by Bonnie Zaman. All Reiki Certified Welcome to participate. Contact Bonnie for a Reiki/Aroma Touch session/with questions 860-944-1668. *Donations accepted at the door.*

🌿 Sat Jan 6 10:30-12:30PM **New Year, Yoga Inspired Workshop*** moderate yoga allows for easy strategizing for your best year ever! *Member \$30. After 12/31 \$40. Non-Member \$50. After 12/31 \$60.*

🌿 Sun Jan 7 10:30-11:30AM **Guided Imagery Meditation** helps to reduce stress, promote relaxation, different topic monthly. Contact Bonnie for a personal appt 860-944-1668. *Class Price. Included in Membership.*

🌿 Fri Jan 12 6:30-7:30PM **Gong Meditation*** Doug will be playing different Gongs, Gemstone infused Crystal Bowls, Tibetan Bowls along with various Chimes and Tingshas. Gentle stretches + soothing sounds = bliss! *Member \$20. Non-Member Advance Sign Up \$25/Day Of \$30.*

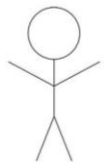
🌿 Sat Jan 13 10:45-11:45AM **Chair Yoga** come relieve neck pain, loosen shoulders, improve flexibility, and feel less stiff overall. *Member \$20. Non-Member Advance Sign Up \$25/Day Of \$30.*

🌿 Sat Jan 13 12:30-5:30PM **Reiki Level I Certification**

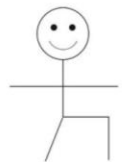
Reiki energy healing restores the balance between the physical, emotional, spiritual, and mental levels for all living beings, enabling the body to do what it does best, heal. Contact Bonnie for Q&A 860-944-1668. *Member \$160. Non-Member Early Bird Sign up by 12/30 \$165. Sign up by 1/6/2018 \$175*

How to Get a Yoga Body

1. Have a Body



2. Do Yoga



🌿 Sign Up Today **Visit YogaBorn.com** *Gift Certificates*

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

🌿 Sun Jan 14 4-6PM Restorative Yoga & Singing Bowl* learn to let go. Postures and bowl release tension, restore energy and 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.*

🌿 Sat Jan 20 10:45-11:45AM Chair Yoga improve posture, balance, strength & flexibility! Let's practice alignment yoga together, it's yoga you can do! *Member \$20. Non-Member Advance Sign Up \$25/Day Of \$30.*

🌿 Sat Jan 20 12:30-5:30PM Reiki Level II Certification deepens your connection to the energy and awakens your ability to facilitate healing for a person, place, or situation from anywhere in the world. Contact Bonnie for Q&A 860-944-1668. *Member \$210. Non-Member Early Bird Sign up by 1/6 \$215. Sign up by 1/15/2018 \$225*

🌿 Sun Jan 21 10:30-12:00PM Intro to Props* learn ways to lengthen, strengthen, and relax using yoga props. Focus use of straps to find alignment and ease in poses to support the hips, low back, legs and shoulders. Visit YogaBorn.com to learn about the different focus each month. *Member \$20. Non-Member Advance Sign Up \$25/Day Of \$30.*



🌿 Sat Jan 27 By Appointment 10:30AM, 11:15AM, 12:00PM, 12:45PM, 1:30PM. Personal Yoga and 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 Jan 28 4-6PM Yoga & Gongs* Dawn teaches a complete practice of movement, poses, breath work, mantra, meditation, & relaxation. Doug uses his gong(s), 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.*

Attendance Policies

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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