

Summer News from Inner Light Yoga Studio

"The best and most beautiful things in life cannot be seen, not touched, but are felt in the heart."

Helen Keller

Thank you for taking the time to honour yourself with yoga and for continuing to support the studio. The practice of yoga is a life-long learning experience; there is always more to know. I am continually inspired and hope to remain an inspiration to you as you travel your yoga and life path. Remember, it is the journey, not the destination that is important.

Studio News:

The current schedule is in effect until Wednesday, June 30th at which time we will transition to the "Summer Schedule." The summer schedule will be effective July 2nd (we will be closed July 1st for Canada Day). The new schedule will be similar to the current schedule, with slight modifications.

Beginner's and Prenatal classes are ongoing all summer.

The new schedule will be posted on the website by the end of the month, with copies available at the studio the last week of June.

Upcoming Events

Summer Solstice Celebration Opportunities...

On Wednesday, June 23rd, we will be celebrating the summer solstice with a Yoga Nidra opportunity at 7:15.

The evening consists of a 45 minute Gentle Yoga Class, followed by approximately 35 minutes of "Yoga Nidra" or "Yoga Sleep." During this time, most people journey to a special place, feeling like they've been gone for only a few minutes, then "awake" feeling totally relaxed and refreshed. Refreshments will follow.

There is no charge for this class, but we will gratefully accept cash donations for Hospice House or food for the Food Bank.

Registration is required for this class & registration fee is \$15.00. The class will be held on Saturday, July 3, 2010, from 11:00 AM to 12:30 PM. The location is Inner Light Yoga Studio, 2807 - 44 Ave, Vernon, CA 95959. For more information, please contact Robin at 250-545-9121 or by email at drummer-am-i@hotmail.com.

For more information, please contact Robin at 250-545-9121 or by email at drummer-am-i@hotmail.com. You can check out Fana's blog site <http://www.masabo-fana-soro.blogspot.com/>

African Dance & Drumming workshops

African dance workshop with Miyanda Saturday July 3 11:00 - 12:30
Cost \$15.00

African Drumming workshop with Fana Soro Saturday July 3 1:00 - 2:30
Cost \$20.00

Both classes Cost \$30.00

Location: Inner Light Yoga Studio 2807 - 44 Ave, Vernon

Pre registration is suggested by contacting Robin 250-545-9121, or by return email at drummer-am-i@hotmail.com

You can check out Fana's blog site <http://www.masabo-fana-soro.blogspot.com/>

Super Summer Special...

Our tradition continues...in celebration of summer and Inner Light Yoga Studio's 5th Anniversary, we are pleased to offer two months unlimited yoga for the price of one. For \$70.00, you may attend any

classes as often as you wish for the months of July and August. Passes are available for purchase now at the studio, and are valid from July 2nd to August 31st.

Your regular passes may be put 'on hold' for the summer and reactivated in the fall.

Please take advantage of this special offer!

Oh Baby!

Several New Additions...

We welcome all these beautiful babies to the Inner Light Family:

Baby Elaria, born to Christina

Baby Kaia, born to Nicole

Baby Andie, born to Jaime

Baby Tyler, born to Lindsay

Baby Cole, born to Tanya

Baby Grady, born to Cory

Congratulations and Best Wishes to all.

Your vision will become clear only when you look into your heart...

Who looks outside, dreams. Who looks inside, awakens.

~ Carl Jung

Namaste,