



newsletter

December 7, 2006

Happy Holiday Season!

I hope this newsletter finds you happy and busy with all the joys of the season. Busy enough to feel energized, but not so busy that you find yourself frazzled. The busier you are the more important it is to stay committed to your yoga and meditation practice. Practicing staying present on your mat will undoubtedly help you to stay present in your day to day life throughout the holidays.

HOLIDAY SCHEDULE

| | | |
|-------------------|---------------|-------------------------------------|
| Sunday, Dec. 24th | 8am-4pm | *Regular morning classes. |
| | 8:30am | power vinyasa basics Cyndi |
| | 10:00am | power vinyasa Cyndi |
| | 11:45am | power vinyasa Karyn |
| | 4:00pm | yoga class is cancelled. |
| Monday, Dec.25th | CLOSED | |
| Sunday, Dec. 31st | 8am-4pm | *Regular morning classes. |
| | 8:30am | power vinyasa basics Cyndi |
| | 10:00am | power vinyasa Cyndi |
| | 11:45am | power vinyasa Karyn |
| | 1:30pm-2:45pm | Nutrition Talk w/ Cyndi (See below) |
| | 4:00pm | yoga class is cancelled. |
| Monday, Jan. 1st | CLOSED | |

UPCOMING EVENTS



GoSMILE In-Store Event with Erin from NYC Saturday, December 9th 11am - 5pm

Keep your smile beautiful and *white* this holiday season. Great gift ideas! Click [here](#) for details.

Energy Muse Trunk Show Saturday & Sunday, December 16th & 17th 9am - 5pm both days

Special energy-charged gemstone pieces for you or someone on your gift list. Jessica from Los Angeles will be here with the full selection of Energy Muse jewelry.



Healthy Eating for the New Year: 7 Tips to Shape up your Diet in 2007

Sunday December 31st 1:30pm - 2:45pm

Speaker: Cyndi Weis, R.D., C.D.N.

Cost: \$30

** Each participant will receive a gift bag of "nutrition goodies" valuing \$60 **
Start the New Year off strong by demystifying the overload of nutrition information that bombards us. Cyndi will boil down information into 7 specific steps to take to make 2007 the healthiest year ever.

Resolution Revolution

Monday January 8th - Sunday, January 28th, 2007

Cost: \$250 (Dollar value over \$350)

Start the New Year off right. . . join **breathe's** [Resolution Revolution](#) program. This program has been extremely successful in helping people help themselves to make healthy lifestyle changes. The three-week program combines nutritional counseling by a registered dietitian with unlimited yoga and pilates classes. For details click [here](#). The only life you can change is your own.



3-Day Juice Cleanse

January 15th - 28th, 2007

Choose any three days during the two week period. The deadline to sign up is:

Thursday, January 11th for the week of January 15th

Thursday, January 18th for the week of January 22nd

** limited spaces are available each week to enable us to run the cleanse smoothly**

Cost: \$90 (Click [here](#) for more details.)

The juice cleanse is an optional add-on to the [Resolution Revolution](#) program or can be done alone.

Please note the more toxins you ingest during the holiday season, the more toxins released back into the bloodstream during the detox process of the cleanse. This release of toxins can give feelings similar to a cold or the flu as the body "cleans house."

A suggestion: Start to wean off caffeine, sugar and other excesses before starting the cleanse.

[breathe yoga](#)

Thanksgiving Donation Classes. . . a big success!

Thank you all so much for your generous donations for our Thanksgiving benefit classes. The two classes raised over \$2200 for H.O.P.E. the Haiti Outreach Project. Visit: www.hopeforhaiti.org to learn more about this amazing organization.

BIG NEWS JUST IN TIME FOR THE HOLIDAYS!!!

As many of you know **breathe** has a limited number of annual and six-month yoga passes. These passes provide great savings for regular yogi/nis. The limited passes have been "sold out" with a waiting list since we began offering them three years ago. Due to the numerous inquires and requests to make more passes available we figured. . .

WHY NOT?!

Effective now through December 31st, anyone wishing to purchase an annual (\$1300) or six-month (\$780) pass may do so. The yoga drop-in class is \$16 and the swipe card price is \$13.18. Do the math. If you come to class 2-3 times a week or more the savings are HUGE!

FYI. . . pass holders tend to come to class more often than those students using a swipe card. Maybe it's the financial commitment, maybe it's convenience...either way it seems to translate into a more consistent yoga practice.

This offer ends 12/31/06.

Changes to the Yoga Schedule

Instructor changes:

Wednesday 5:45am Power Vinyasa class will be taught by Susan.

*** New class beginning January 4, 2007:

Thursday 10:30am Power Vinyasa taught by Karyn.

treat yourself. . . spa

Spa Packages for the Holiday Season:

breathe deluxe massage package 2 hrs./\$150

A full body Swedish massage followed by thirty minutes of Chinese Reflexology on the hands and feet. Add your choice of aromatherapy with Young Living essential oils and it is guaranteed that you will not want this treatment to end.

The detox massage package 2 hrs./\$200

A full body lymphatic drainage massage to promote the movement of waste matter that is retained under the surface of the skin. This treatment aids in the detoxification of the body, improves circulation, reduces cellulite and decreases puffiness, stress and fatigue. Hand and foot reflexology and the addition of therapeutic essential oils makes this treatment almost too good to be true.



Put your best face forward facial package 1 hr./\$140

Arcona's signature enzyme facial with the addition of pure oxygen to heal, revitalize, and hydrate the skin. Finish this treatment with Arcona's Enzyme Eye Treatment to firm and hydrate the delicate skin around the eyes.

Rejuvenation deluxe facial package 2 hrs./\$200

The ultimate in pampering and beauty. This exclusive two hour treatment incorporates a deep facial massage, an active Enzyme Peel, a firming and toning lift mask, and eye treatment, finishing with the signature Arcona oxygen treatment.

breathe boutique



Still not sure what to buy for those on your gift list????? **GIFT CARDS!** The perfect gift that can be used for yoga, spa, juice bar or boutique shopping. Call (585) 248-9070, e-mail us at info@breathe-yoga.com or stop in.

Hope to see you soon!

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