

From: Yoga Source <info@yogarichmond.com>

Subject: february 2012 e-newsletter

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inspiration for transformation

february 2012 e-newsletter

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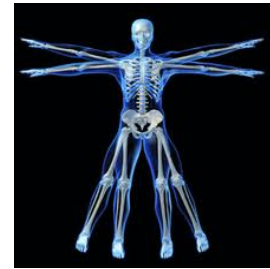
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jan 2 - mar 18


[bone health](#)

[tantra yoga](#)

yoga for bone health: managing osteoporosis with toni halstead & mary jo lowery

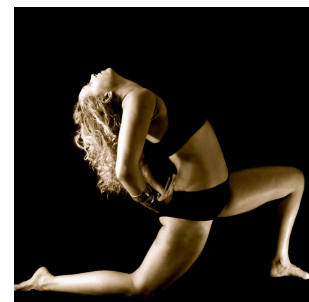
yoga can provide a means for you to be proactive with your approach to bone health. osteoporosis, known as the silent disease, affects some 10 million americans and as many as 44 million are at risk. researchers estimate that 1 out of every 2 women in america over the age of 50 will suffer an osteoporotic fracture. this disease is also a serious threat to men's health. almost 1.5 million american men older than 65 have osteoporosis and an additional 3.5 million are at risk. in this workshop you will practice poses that have shown to help build strong bones, discuss postures and movements to avoid in yoga and daily living. also learn dietary options and lifestyle choices that will help you yield a healthy and strong body.



date: sunday, feb 19th
time: 1:00-4:00 p
cost: \$45 by 2/9, \$55 after (*registration required*)
learn more: [osteoporosis](#)
 [sign up now](#)

cultivating prana: a tantric yoga immersion with katie silcox

tantra yoga is an ancient practice that views self-knowledge and the cultivation of our innate power as a pathway allowing us to unfold to our fullest potential. this tradition teaches us that one of the best ways to gain access to your soul is to tap into spanda, your internal power, and the universal vibration that is known as shakti. prana is roughly translated as life force. when we have good amounts of prana, moving within us in the right way, we feel good on a mental, emotional and physical level. come learn how to better tap into this endless well of light, love and delight and bring more ease and joy into your life.



date: friday-sunday, feb 24-26th
time: fri 6:00-8:30 p sat 8:00-10:00 p sun 10:00-1:00 p

time: th 6:00-8:30 p, sat & sun 10:00-1:00 p
cost: \$130 by 2/14, \$145 after (*registration required*)

learn more: [tantra](#)

 [sign up now](#)

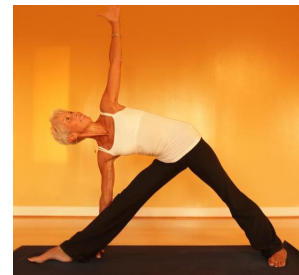
kula jam with sarah fischer join sarah fischer and friends in a light hearted practice that is more yoga jam session than serious class. gather with the kula "community of the heart" for fun asana, q&a, and social time. this practice is designed for seriously playful students, wishing to explore anusara-inspired yoga more fully.



date: saturday, feb 18th
time: 2:00-4:00 p
cost: suggested \$10 donation
learn more: [kula jam](#)

intro to vinyasa flow with sonja stoeckli

learn the fundamentals of a vinyasa flow practice; coordinate breath with simple movements, break down the components of a sun salutation, utilize the victorious breath (ujjayi pranayama) and specific gazing points (drishti) while learning foundational postures.



date: saturday, feb 25th
time: 1:30-2:30 p
cost: free
learn more: [introduction](#)

one more week to buddy up!

enjoy a class and bring your friend for free until friday, february 3rd! check out vinyasa flow with two of our yogaworks trained instructors: [madeline manion and yaco murphy!](#)

one friend attends for free per paying student per class.

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