

Evolutions@Yoga.LLC

February 2009



Peace & Namaste.



Another month has passed and we are manifesting our deepest hearts desires with love and devotion through our yoga practices. :)

As I was creating this newsletter, I had time to reflect on our Open House and on all the wonderful people who came together for their own reasons to make this event a day to remember. I am forever thankful to everyone and look forward to bringing us together again. We are in the planning stages of our next event which will manifest late March or early April.

This Spring event will kick off our devotion to bringing Kirtan to Evolutions! It also sets the stage for an outdoor summer Yoga & Kirtan event (just a little taste of things to come!). As more details manifest we will let you know!

Check out our Open House Memory Book:
[Evolutions Open House 2009](#)

Peace & Namaste.
 jenni

ps. Ross says Hi!!

2 New Classes!

*Wednesday Morning Vinyasa Flow

9:30-10:30am w/jenni

Wake the body and get it ready to take on the world with this energizing morning practice! After centering, we build heat through classic Sun Salutations then continue the momentum into stamina building postures, then on to twists and hip openers. A great way to begin the day; all levels.



*Thursday Evening Vinyasa Basics

5:45-6:45pm w/jill

We are welcoming Jill back to Evolutions on Thursday nights as she leads us through our Vinyasa Basics class. Learn to follow the breath as we link your favorite postures together into this hour long flow. You will become familiar with a beginning Sun Salutation flow as well as be introduced to the power of the breath to build stamina and endurance. A great place to begin to grow into a dynamic yoga practice.

Continuing Favorites:

*Storytime Yoga

3 Saturdays Left! 11:15am-12:30pm

We still have openings for weekly drop-ins to this special Kids Yoga event. Check out details on our website or to register for half sets: [Storytime Yoga](#)

*February Drum Circle: Unity & Rhythm w/Ryan

Friday February 20th

7:30-9:00pm

Since our Drum Jam at the Open House in January Ryan has been hard at work bringing us new rhythms and empowering us to explore our own inner drummer. We all like to make noise and beat on things (not people though!)... we are all secret drummers in our hearts, so come learn to hand drum with us. Its easy and fun.

Online Registration: \$15 (\$20 at door)

[I want to Register Now!](#)

About Evolutions @ Yoga.LLC

Evolutions @ Yoga.LLC is owned and operated by Jenni Keith & Ross Corson.

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