



Evolutions@Yoga.LLC

New Events & Classes for November!

**NEW Classes & the
Mystery Question...**
"Who's...Ross?!?"

Hello Again Yogis & Yoginis!

**Newest Evolutions....****New Class! Warm Strength Yoga!****Starts Thursday Nov 6th 7:00-8:15pm**

The class will focus on postures to strengthen the body and uses heat in the room to allow the muscles to relax and expand safely and effectively. Heat provides awesome benefits to the body and allows you to progress in your practice much more rapidly than in a colder room. We will work with you to help build tolerance to practicing in heat, key: Drink LOTS of water!! The room will be heated to between 80 & 90 degrees (which is less than a hot yoga temp of well over 100 degrees!). I know some of you are thinking 80-90 degrees, yikes! but trust me.... it's not that bad and your body adapts to it rather quickly. :) (some of you monday vinyasa yogis & yoginis reached class temps that high over the summer and didn't even know it! sneaky, sneaky...)

The class officially begins Thursday November 6th and will be co-taught by Michelle Dial and Jenni with Michelle taking over full teaching of the class in January. We will be holding a FREE version of the Warm Strength Class on Saturday November 8th from 12:30-2pm in which you will learn tips and tricks for dealing with the heat, and also learn why so many styles of yoga practice in heat.

Meditation Drums & Mantra Jam (this will be fun!)

I am really excited to bring our new Warm Strength Class to Evolutions! Michelle is hard at work creating posture flows for us and what I've previewed is definitely shaping up to be an awesome class :)

I also want to invite everyone out to join us on November 21st for another exciting new addition to our line-up at Evolutions, a Meditation Drum & Mantra Jam.

This will be a really fun night of pounding on drums and taking part in the ancient tradition of community singing and chanting of mantras (sound phrases). The vibration of sound has a very powerful and positive effect on the body and mind to induce relaxation and meditation, come learn with us and experience it first hand. Studios across the country are holding these mantra events regularly and their students are loving it! I'm highly looking forward to it!

Peace & Namaste.
jenni

ps... this is Ross

