



January Newsletter 2018

Donation Based Classes Starting Jan 2!

No more class passes. No more online registration.

We will no longer use MindBody.

Read the Services + Pricing tab on the website for ways to donate in studio and online.

Minimum donation suggestion is \$5. Pay any time.

Come 5-10 minutes before class start time to sign the sheet and get settled in. Once the class is full, we'll flip the sign on the door! We're going old school.

Talk to me if you have questions or concerns!

YOGA Talks- Wednesdays 7:30-8:30 PM

January Topic: Pranayama (Breath regulation)

YOGA Talks replaces the Learner Series. Each month has a different topic.

There are 5 Wednesdays in January! Each of those days, we'll practice different pranayama exercises. Each one serves a different purpose; build energy, lower heart rate, build lung capacity, prepare for meditation, and more.

Mini Beginner Ashtanga- Mondays 5:30 PM

I'm excited about this. For 8 weeks (1/8-2/26), we'll learn a 1-hour version of the Ashtanga series along with Sanskrit names, chants, and more. If you're familiar with Burg's style, you'll recognize plenty. This is great for students new to yoga as well as new to Ashtanga. The first class in the series will provide more details and a handout of the poses. If you miss classes, don't worry.

Happy New Year!

Over the past few weeks, I've spoken with many Yoga Happiness students about 2018 and what it may mean for them. Nearly everyone I've spoken with has told me about some new thing they're starting. Many are finally making life choices based on what they *want* to do, as opposed to what someone else wanted.

It seems that 2018 will be the year of following dreams. Of course, that doesn't mean easy and it doesn't mean instant success or happiness. Following your dreams or your passion, can be scary and, sometimes, the hardest thing to decide to do. But, the point is that this is **YOUR** decision. **YOUR** goal. **YOUR** happiness. **YOUR** success. You will have done this thing for you.

However, I must remind you, that no one is an island. No one is truly 100% independent. Someone else has had a hand in getting you to your goal, directly or indirectly. Maybe that person is a banker helping with a home mortgage. Maybe that person is a teacher in your new class. Maybe a distributor of the product you've decided to sell. Family, friends, bakers, wine makers. You are not alone on your journey!

Something else to remember is that even negative situations can produce positive outcomes. Something bad happens but then you find strength you didn't think you had. Maybe you are pushed to a point of finally making the decision you should have ages ago. Maybe you're finally released from a situation that was more toxic than you realized. Maybe you found courage. Maybe you found the answer.

Whatever your new and challenging thing is for 2018, I hope you'll share it with us in class. When we do the check-in at the start of class, it's not just about my wanting to know your injuries, aches, or pains. I am quite literally asking "How are you?" You can decide to answer "Fine" or "OK" or tell me about your broken finger. Or you can say "Excited!", "Nervous", "Scared", "Happy", or anything other descriptor, in addition to your physical thing.

I'm excited for 2018, also scared and nervous and curious. But I choose to make it a good year. I choose to see light in the darkest situation. I choose to be mindful. I choose to stay present and appreciate what I have right then.

Have a wonderful New year. See you in class!

Burg

The studio will be closed New Year's Day

Thai Yoga Massage with Burg!

TYM is a different kind of massage. It promotes relaxation as well as healing and mindful awareness of your own body.

I truly enjoy TYM as a receiver as well as a giver.

See the Thai Yoga Massage tab on the website, under Services + Pricing, for a sample video. See the Services + Pricing tab for TYM Gift Certificates!

Open Studio: Sundays 10am – 12pm

Use the studio for your own self-lead yoga practice Sundays from 10am to 12pm. Melanie opens the doors at 10, gives you a 15-minute warning at 11:45, and then locks up at noon.

Use the space, time, props, and books to practice poses, meditation, breath, etc. Come in anytime between 10-12. Please be respectful of others that may be practicing.

New Yoga Happiness Podcast!

Find the Podcast link under the Media tab on the website. My first interview is with Dr. Heather Bartlett, Columbus' first Direct Primary Care physician. Look for a new episode monthly.

Interested in being interviewed? I am looking for all types of experts. Let's see how your field might shed light on everyday yoga! Email me and we'll discuss!

Vinyasa + VINO!

Friday January 5 6-8PM (21+ only)

This is a donation based class. Bring your own vino, or other beverage, to share or bring a snack. The first hour is asana (poses). Then we enjoy each other's company!

