

Innovation Yoga LLC Newsletter April 2015

Dear Innovation Yoga Friends, Family and Patrons:

This is our first extended group newsletter and we want to thank-you for your patronage, support and well-wishes. It is hard to believe that we opened our doors only 100 days ago.

We are so excited about how the yoga studio and space have come together! The gallery-quality wall spot lights are up (meaning wall art and gallery showings are not far behind), and the ceiling LED color light system is fully working – so our fantastic teachers can change color and set any mood they want to convey. The entrance now has cubbies for patron items / class storage. The sound system has been replaced and the new ceiling speakers installed. Outside of the front doors we now have majestic cedar benches (hand crafted using recycled old growth cedar beams) for patrons to use before and after classes. It smells so good outside sitting on the benches! Have you noticed the fun entrance light that constantly changes color or the “gecko” night light? She makes us smile whenever we see her.

It admittedly took a while to get the bugs out but now our computer retail sales system is up and running, so we can now support art sales from our display cases, yoga supply sales (mats, etc.) and with the help of Laura Crawford we have opened an additional line of business selling DoTERRA Essential oils. Our sales system now lets you swipe your credit card at the front counter.

Of the many things we dreamed about when we started Innovation Yoga, our most important accomplishment has been creating a yoga family of fantastic teachers and wonderful practitioners! Heather Weir has joined our yoga family as our “go-to” substitute teacher. Mike Paul will be joining us in June to teach a Yin class on Wednesday mornings. We are always looking for great teachers, and we will keep you posted as our family grows.

We have reviewed and updated our class descriptions and have gently adjusted some of the class times. The new times and descriptions will be printed and posted at the studio this evening and will be updated in our Mind-Body scheduling software by this weekend (new classes start next week). Some of the new classes include:

- Kellie is adding "Chairborne" for those that want to try chair yoga and the Suntime Cafe next door is offering a 10% discount if you go to lunch after that class starting May 6th. So, grab your mothers, dads, aunts, neighbors, etc. and come sit and move with Kellie then have a great lunch next door for some chat time.
- Wednesday night we have "Wall, Wine and Aromatherapy" taught by Laura. You bring your wine and we provide the rest. She features different Do Terra Oils throughout the class that are absolutely yummy. This class has been described by one patron as, "the class made me feel as rested as if I had just finished several days of vacation." What a wonderful way to celebrate hump day.
- Rosalba will launch "Fire Yoga" on Friday mornings - a fantastic way to re-energize and sweat off the troubles of the week so the weekend can be thoroughly enjoyed.
- We hope to expand our weekend classes in the not too distant future and Nora continues her popular Sunday's class "Relax and Breathe" at 4pm, to prepare you for the week ahead.
- The Yoga Studio (and the Art.Science.Incubator next door) is now open for group rentals, private yoga lessons, and visiting artist workshops.

We have added another discounted class package for our patrons that want to attend at least two classes a week. This new "24 Class Pack" costs \$216 and must be used in 3 months. We continue to offer our most popular "10 Class Pack" for \$100 and our individual classes at \$12. As always you can pre-register for any class and pay on line for individual and class packages right through your smart phone using the Mind-Body App (a free download from the Apple or Android stores - pick up a copy of our instructions on how to download the app). Then come to class and leave your worries outside of the door.

We are 100 days young and look forward to seeing you all on the mat!

Deborah, Stephen and the Innovation Yoga Family