

## Innovation Yoga LLC Newsletter September 2015

Dear Innovation Yoga Friends, Family and Patrons:

This is our early fall extended group newsletter and we want to thank-you for your patronage, support and well-wishes.

Our summer was full of expected and unexpected events. Several of our initial cadre of yoga teachers took sabbaticals, moved out of town, or found full time dream job employment opportunities – we are very happy for them. We hired several new teachers and tuned the Innovation Yoga studio schedule. We now offer 18 classes per week! You can now find our yoga classes on our Mind-Body interactive scheduling system web-page and smart phone App. See the instructions at the end of this newsletter to access this system.

Kellie Vallianos is now serving as the Innovation Yoga Studio Director. Kellie will also continue to teach her multiple classes.

In late July we had quite a scare - we did not expect Stephen to have a major heart attack (LAD – Widow Maker). He is much better now, has no long term heart damage and has returned to full time work as of this week. See his account of these events in his essay, “Speed + Skill + Love = Life.” You can find this essay on the [www.InstansiationLLC.com](http://www.InstansiationLLC.com) web page.

To wrap up, this summer was “interesting” and we hope such medical excitement never happens again. Come take a yoga class. We started this journey to promote community wellness, artistic, cultural and intellectual growth – come join us as we serve our community and make our dream a reality.

Deborah, Stephen and the Innovation Yoga Family

### **How to Find, Reserve Space and Pay for classes on-line**

- On your computer, visit our web page: [www.innovationyogallc.com](http://www.innovationyogallc.com)
- At the bottom Classes Graphic, [Click Here Visit Our Schedule and Class Registration Portal](#)
- If for some reason the yoga web page is down, try [www.InstansiationLLC.com](http://www.InstansiationLLC.com)
  - Click the box for Class Schedules and Payment Portal
  - This lands you onto our Mind Body Portal
- To just view classes, Click on the Yoga or Art or Science Tabs.

To sign up, pay, or do anything else other than just view the schedules, create a new account (Click on Sign-up) or if you already have an account, enter your E-mail and Password.

Once you have an account you can go on the Apple App Store or Google Play and download the Mind Body Connect App. With this App you can browse the schedule; sign up for class; and pay for class using your smart phone.

If you have any questions, just ask any Instructor or Staff Member at the Studio.