

November Schedule 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6a & 7a- AM Yoga 6p-Cancelled 7:30-8:30p- YOGA Talks	2 6a & 7a- AM Yoga 7-8:30p- Learner Series	3 6a & 7a- AM Yoga 2p- Cancelled	4
5 10a-12p- Open Studio	6	7 6a & 7a- AM Yoga 6-7p- Beginner 7:15-8:30p- Intermediate	8 6a & 7a- AM Yoga 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks	9 6a & 7a- AM Yoga 7-8:30p- Learner Series	10 6a & 7a- AM Yoga 2-3p- All Levels	11 9-10:30a- Yin w/ Trivia
12 10a-12p- Open Studio 4-5p- Blue Dragon	13 7-8p- Trance Meditation	14 6a & 7a- AM Yoga 6-7p- Beginner 7:15-8:30p- Intermediate	15 6a & 7a- AM Yoga 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks	16 6a & 7a- AM Yoga 7-8:30p- Learner Series	17 6a & 7a- AM Yoga 2-3p- All Levels	18 10a-2p- Trance Meditation Workshop
19 10a-12p- Open Studio	20 6a & 7a- AM Yoga 6-7:15p- Standing Balance	21 6a & 7a- AM Yoga 6:30-8p- Arm Balance & Inversion	22 6a & 7a- AM Yoga 6-8+p- Yin + Vin	23 Thanksgiving CLOSED	24 CLOSED	25 CLOSED
26 10a-12p- Open Studio	27 7-8p- Trance Meditation	28 No AM Classes 7:15-8:30p- All Levels	29 No AM Classes 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks	30 6a & 7a- AM Yoga 7-8:30p- Intermediate		

EVENTS

Open Studio

Hosted by Melanie. Self-lead yoga practice. Mats, props, and books available for use. Arrive anytime between 10-12. FREE

Trance Meditation

Classes \$10
Workshop \$40
See Workshop tab on website for details

Special Classes

Special classes week of Thanksgiving part of class pass or drop in. Yin + VINO bring your own wine or snacks. 21+ only.

Blue Dragon Donation Class

Taught by teachers from YOGActive. All proceeds go to the Blue Dragon Childrens Foundation. See Workshop tab on website for details

www.YogaHappiness.US



November Newsletter 2017

Donation Based Classes Start January 2018

Starting January, all yoga classes taught by Burg and Kelly will be donation based. Details are still being worked out, but students will no longer register or pay for classes on MindBody. Options for payments will be detailed by the end of December. A sign in sheet will be made available in classes that will also work as a waiver form.

WHY Donation based?

Yoga should be accessible to everyone, physically but also financially. For each class, the minimum donation suggestion is \$5. No one will be tracking who pays or how much. You donate what you feel is appropriate.

Between now and the end of the year, students are encouraged to use up any existing passes and rewards points they may have. Those students with auto-pay have had the autopay stopped after the December payment.

**Workshops, private sessions, and classes taught by outside teachers will have a separate cost.*

Ask Burgundie if you have any questions or concerns!

The studio will be closed 11/23-11/25

Please see schedule for special classes and times the week of the 20th and 27th.

Thai Yoga Massage Sessions with Burg!

Burg is getting certified in Thai Yoga Massage (TYM) in November. To get certified, she'll need to give massages to 25 different people. So, keep your eyes open for FREE sessions!

After she has completed certification, private sessions and group classes will become available!

Open Studio: Sundays 10am – 12pm Hosted by Melanie FREE

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.

Changes at our studio

Those who have been students of mine over the years have seen me grow and change as a teacher but have also experienced changes at the studio. November marks 2 years of Yoga Happiness Studio. I want to thank all of you that have been a part of the growth and energy and love that have gone into it. The community we've created is small but wonderful.

Many know about my attempts to find another location. Here is the official word on what's happening at the studio: **I have signed the lease for another 2 years.** I have also purchased 6+ acres of land in Yellow Springs, OH. Aaron and I are planning on building on that property in the hopes of having something ready in a few years. The plan is to keep something in place in Columbus at the existing location. A Columbus & a Yellow Springs Yoga Happiness, if you will.

Now, though, with the change to donation based classes, I will feel a little better about allowing myself some time off. Having 14+ classes weekly to justify the price of passes is exhausting. Yoga is a passion of mine. I want to teach and share many facets of yoga, so changing the business model also gives me the flexibility to experiment with different kinds of classes and topics.

I welcome and desire your input and feedback. This is OUR studio, after all. It would be nothing without you.

~Burg