

Hello Yogis!

We would first of all, like to say a big thank you to all of our students and customers for a wonderful 1st Anniversary Celebration. We thank you for your kind words, sweet gifts and especially for your participation in our "adventure" here at Samudra. We have been blessed to have all of you in our lives and we can't wait to see what next year brings.

We have so much going on at the studio in the next few months, new Beginners classes, a Pranayama series, a Back-bending workshop, a Qi Gong workshop, a Yoga Immersion with Kathleen Sheets, and of course, our second annual Anusrara workshop this weekend with Christy Burnette. Please take a few minutes to read through the newsletter, as we also have some class cancellations and some dates that the Yoga Studio will be closed at the end of this month. Shanti, love and blessings, Kath and Winter

THERE WILL BE NO REGULARLY SCHEDULED CLASSES THIS SATURDAY & SUNDAY due to our guest yoga teacher Christy Burnette's workshops. Please visit our website for more information on her sessions this weekend.

SUMMER CLOSURES! PLEASE MAKE NOTE...

Samudra's yoga studio will be closed for a summer break beginning Monday, August 30th (there will be no classes held that Monday) and will reopen on Tuesday, September 7. The coffee shop & bakery will be closed on Monday, September 6th in observance of Labor Day.

SAVE THESE FALL DATES....more info to follow about these great series and workshops!

Pranayama Series with Kathleen Sheets - every Thursday night, September 16-October 21, from 6:45-7:45pm, \$75 for the series

Backbending Special Focus Workshop with Kathleen Sheets - Sunday, September 19, 1-3pm, \$25/student

Qi Gong Series with Danette Costello - every Saturday afternoon in October, 3-4:30pm, \$75 for the series