

The Yoga Space News!

# THE *Yoga* SPACE

Dear Yoga Space Community,

Welcome to our May newsletter where we share information about our spring Facebook campaign, our upcoming Saturday workshops, and a studio closure for a local association workshop.

[Visit Our Website](#)

## **Thank you to our wonderful community!**

In March, The Yoga Space requested members of our community attend a photo shoot to help us with our spring Facebook campaign. We were overwhelmed with the support we received! Thanks for the great turnout!



### Speaking of Facebook....

We launched a Facebook campaign this spring and offered that two students who were new to the studio and who registered for a full session would each receive a private class to work on their practice. We have notified the lucky winners and look forward to the private session.

If you haven't "liked" us on Facebook check us out by clicking [here](#)

### Upcoming Saturday Workshops

We have two upcoming Saturday workshops.

Join Patricia on May 13 at 3:30-6:00 for her workshop on:

**Beyond Gravity:** explore asanas of the same shapes in relation to gravity - standing, sitting, lying or upside down. Work with your playful curiosity and develop insight into how asanas are the same and different depending on

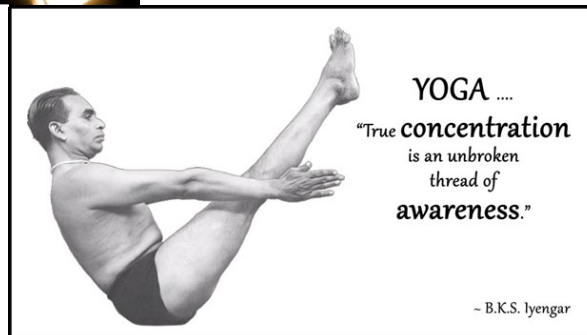


where you are in space.

And on June 17 at 3:30-6:00, Cheryl will hold a workshop to help you to:

**Get In Touch with your Abs:**  
Udara akunchana shiti is the category of abdominal asana.

There is however an awareness that we can bring to the area in various categories of poses to bring more vibrancy and enhance each asana. Come find your abs and develop an awareness of them in your practice.

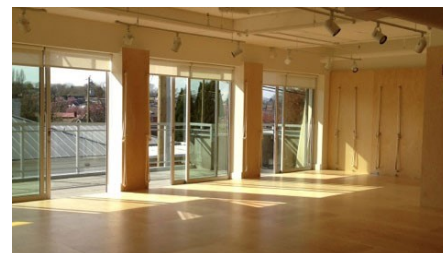


Our Saturday afternoon workshops are \$30 each, or you can purchase 6 of these workshops for \$150 (the six workshops expire at the end of 2017).

[Register for these workshops by clicking here](#)

## Classes cancelled for John Schumacher's Workshop

Some of The Yoga Space's classes will be cancelled during the last weekend in May so that the local BKS Iyengar Yoga Association (Vancouver) can hold a workshop with American Iyengar yoga teacher John Schumacher.



The following classes are cancelled:

**Friday, May 26:** 6-7:30 pm (Morgan)

**All Saturday May 27 classes**

**Sunday, May 28 morning classes:**

- 9:45-11:15 am class (Sharmeen)

- 11:30 am-1:00 pm class (Luci)
- \*\*\*\* Note that Jason's and Luci's Sunday evening classes are on! \*\*\*\*

Please also note that there will be no Pune Practice on Friday, May 26.

The fees that you paid for your spring session incorporated all of these cancelled classes.

The Yoga Space | 604.876.9600 | [Email](#) | [Website](#)

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