



Studio 4:8 Yoga Newsletter

Monthly Happenings || December 2023



December Birthdays

Christina Steskal
Jolie Vega
Nikke Martin
Rachel England
Wendy Samson
Jesus



Happy Birthday!!

Congratulations to our 200-hour Yoga Teacher Training Graduates!



Welcome New Members!

Seth Lauterbach
Tyne Thorson
Wendy Samson

An Advent prayer for this Christmas season.

Written by: Bonnie Gray

Dear Heavenly Father,
This is my one-word prayer:
PEACE.

I can't see ahead. I don't know
what to do.

Here are all my fears and my
questions...[share yours].
I want to experience your
perfect peace.

Let it be with me. Just as you
say.

Hold me, God, so I can hear
you whisper to me, "You don't
have to know the way. I do."

In Jesus' name, Amen

New Class Offering in January

Slow Flow FAC

Fridays - 5:00 - 5:45 p.m.

Rotation of our graduated Yoga Teacher
Training instructors

Faith Lauterbach
Janell Daughenbaugh
Darrell Gressley
Kelli Power
Heather Heffernan

And the Word became flesh and
dwelt among us, and we have
seen his glory, glory as of the only
Son from the Father, full of grace
and truth.

John 1:14



Holiday Hours

Closed December 23 - 26 for Christmas and
December 31 - January 1 for New Years

follow us on social media to stay up to date on all studio events



Studio 4:8 Yoga



@studio48yoga

follow all our instructors, too!



@bonniemeyeryoga

@yogalaura

@yogalift_with_lindsay

@shielasievert

@itsmmbell.yoga

@yogawithshaina



Instructor Focus Lindsay Daniels

Sundays

Candlelight Restorative

6 - 7 p.m.

200-RYT Studio 4:8

School of Yoga

Graduate

When Lindsay was freshly transplanted to Lincoln after living abroad, God rooted her into the nourishing river that is Studio 4:8. In those waters, she finds love, grace, connection, peace, and an entirely new outlook on yoga.

At Studio 4:8, yoga is a joyful exploration of God's greatest, most majestic creation: the human body, "fearfully and wonderfully made" in His image. The poet Percy Shelley said, "Poetry lifts the veil on the hidden beauty of the world, and makes familiar objects be as if they were not familiar." Like poetry, yoga "lifts the veil" on the mundane familiarity of our bodies and invites us to explore them as a wondrous work of God.

Lindsay's classes invite us to bathe our body, our spirit, and our breath in His love. This is the ultimate restorative practice: unearthing God's love, grace, and peace within, so that we can bring it with us out into our fallen world.

Studio 4:8 Yoga Bingo

Attend a Yin-yin Class	Attend a Vinyasa Flow Class	Attend a Thursday class	Attend a Tuesday class	Leave a Facebook Review
Attend Saturday's Yin-yin Class	Bring a friend who's never been to the studio before	Mention and tag Studio 4:8 Yoga in an Instagram post	Attend Candlelight Restorative	Follow all of our instructor's IG accounts
Take 2 classes back to back	Take a weekend class	Leave a Google Review	Attend Candlelight Restorative on Sunday	Attend 2 classes in a week
Attend Sound Healing	Check-in to Studio 4:8 Yoga on Facebook	Inquire about a Reiki or Soundbath session <small>studio48yoga@gmail.com</small>	Attend a Yin Class	Use a prop (blanket, block, bolster, strap) in class
Attend Monday's Candlelight Restorative	Post a photo of yourself with one of your favorite instructors on FB or IG and tag us	Attend a Wednesday class	Attend a class you've never taken	Attend a Monday class

Holiday Bingo is back!

How it works:

*Grab a BINGO card from the studio.

THEN

- *Must get a signature the day of the qualifying class.
- *One signature per class/post. If a certain action warrants two signatures, you may choose which square you want the signature for.
- *All posts and reviews need to be shown to an instructor prior to receiving the signature.
- *Runs Nov. 15 - Dec. 20.
- *Turn in your card before deadline to get a prize from the prizes basket.
- *Only one reward per card. *Card can be turned in at any time.

NEW CLASSES STARTING NEXT MONTH!