



# Studio 4:8 Yoga Newsletter

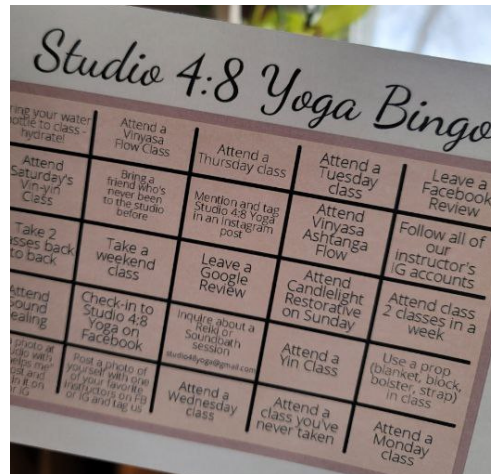
## Monthly Happenings || November 2023

Welcome New Members!  
Rachel England  
Nicholus Hyde  
Carmen Goeden  
Pama Alder  
Tony Esquivel  
Erin Willis

We want to celebrate you!  
Keep an eye out for an email requesting your birthday.

### Holiday Bingo

Nov. 15th - Dec. 20th  
Holiday Bingo is back!!  
To help you stay consistent with your practice this holiday season, we're bringing back our 4:8 Bingo Card! Pick up your card at the studio November 15th and when you get a BINGO pick a prize from our prize basket.



### Behind the scenes at 4:8:

Meet our openers and closers. Be sure and say "Hi!" and thank them for their time.  
\*times may vary



Sue Barret  
Closer: Monday  
Opener: Wednesday



Christina Steskal  
Opener: Tuesday  
Assisting with Studio cleaning 2x/month



Elizabeth Lamer  
Closer: Tuesday & Thursday



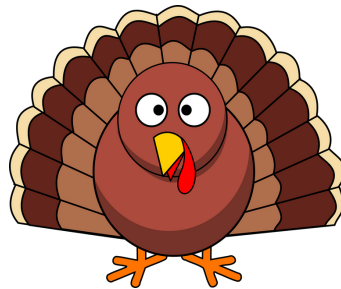
Sally Thorne  
Closer: Wednesday  
Opener: Thursday

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace.  
And be thankful."

Colossians 3:15

### Prayer Requests

Our 200-hr Christian Yoga Teacher Training will be graduating 5 students on November 12th.  
Please pray for their final stretch as well as their roads ahead where God chooses to lead them after completing this journey.  
Good luck Janell, Darrell, Heather, Faith and Kelli.



### Holiday Hours

Closed Wednesday November 22 - Friday November 24 for Thanksgiving

### Schedule Changes

Mondays starting November 6  
5:30 - 6:30 p.m. | Vin-Yin - Bonnie  
7:00 - 8:00 p.m. | Candlelight Restorative - Shaina, Faith

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

NEW CLASSES  
STARTING  
NEXT MONTH!



## Asana Focus: Downward Facing Dog

A staple in any flow class, but do you truly know the ins and outs of this pose?

Forward Fold, Inversion, Standing, Strengthening, Prep

**Instructions:** From all fours, place the hands slightly forward of your shoulders. Spread the fingers wide, pointer fingers run parallel to the long edges of the mat, and slightly dig the fingertips into the earth. Keep the upper arms and shoulders rotated outwards while your forearms rotate inwards. Tuck the toes under and make sure the feet are hips distance apart.

On an inhale, press the floor away from you, lift the hips back and up to push yourself back into an upside-down V. Allow the knees to remain bent while you lengthen the spine. Then, slowly begin to straighten the legs, taking the tops of the thighs and knees back. Press the upper arms towards each other, draw the shoulder blades down along the spine, maintain space between the tops of the shoulders. No tension in the head, neck, or shoulders.

**Benefits:** Tones the upper arms, shoulders, chest, and legs. Release the whole back of the body. Soothes the mind. Energizes the body. Stimulates blood circulation. Neutralizes the spine between backbends and forward folds.

**Modify:** Place blanket under heels if heels don't touch the mat. Strap around the arms to help with rotation.

## Upcoming Events

Our annual Advent Restorative Afternoon Retreat with Bonnie is sold out.

Thank you for your support!