



Studio 4:8 Yoga Newsletter

Monthly Happenings || April 2024



April Member Birthdays

Amber Rhoades
Tyne Thorson
Shayna Cook

Happy Birthday!!

Welcome New Member!
Julie Roth



Instructor Focus

Shaina Adams
200-RYT Studio 4:8
School of Yoga Graduate



Saturdays
9:15 - 9:45 a.m.
Open Studio Time

10 - 11 a.m.
Vin-Yin Flow

Practicing yoga creates space that allows us to pause to acknowledge the beauty in our breath. Space gives us permission to wonder how we can hold things a little more loosely.

My journey with yoga has encouraged me to seek out the moments where things feel a little bit lighter and a little less overwhelming to me and in turn, hold space for those around me to do the same.

Yoga allows us to show up as we are and tune in, and sometimes it is nice to do that in community with others. I am so thankful for the opportunity to be part of the Studio 4:8 family, where showing up, having faith, and figuring it out together are part of the daily routine.

Pop-up Class
Spring Fling Flow & Go
Thursday April 18
5 - 5:45 p.m.

We will be celebrating all things Spring with a lively flow of bird poses.

Free for all members and their families, kids ages 13+.



Spring Special!



One-on-one private session of Reiki, raindrop therapy and sound healing. \$89

Please contact Bonnie at bonniejen@outlook.com to schedule your session. (off site location)

Raindrop Therapy: this addition uses a sequence of nine essential oils that have been clinically tested to have antiviral, antibacterial, and anti-inflammatory properties. These essential oils are dropped gently on the spine using a certain sequence and lightly massaged in using various techniques.



Wellness Tip

How to Spring Clean Your Holistic Health



Faith Lauterbach
BSN, RN, NC-BC
Transformative
Wellness Coach

With the change of the season, many of us are thinking about decluttering and deep cleaning our homes. What would it look like to do the same to our wellness?

If this sounds like something you would like to try out, here is how to get started!

Be Well,
Faith
[Listen to my podcast!](#)



Mind

- Focus on creating thoughts that feel loving and releasing thoughts that are no longer serving you.
- Building mindfulness practices help you stay in the present moment so you can fully experience and appreciate your life.
- This can look like: daily meditation, prayer, yoga, breath work, and intention setting.

Body

- Nourish yourself with foods in their most original form.
- Bring intentional movement to your body that feels good and honors your body.
- Evaluate other things that you consume: books, tv, social media accounts, and music. Are these things nourishing your body? If not, making some changes here can feel freeing.

Spirit

- Find spiritual practices that nurture your soul.
- Pay attention to where you feel this connection.
- Some things to consider: prayer, meditation, spending time in nature, cultivating meaningful connections in your life, and volunteering.

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.



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



Studio 4:8 Yoga



@studio48yoga



follow all our instructors, too!

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