



Studio 4:8 Yoga Newsletter

Monthly Happenings || June 2024

June Member Birthdays

Shaina Adams
Megan Bell
Morgan Myers
Cammi Howard
Leila Karle
Susan Meyerle
Amy Eldred

Happy Birthday!!

Welcome New Members!

Karen McGivney-Liehti
Scott Wedall
Kristine Gatlin
Gina Miller

Monday Schedule Change

No restorative Monday night. Please join Faith on Thursday nights for Candlelight Restorative!

MONDAYS

beginning June 3

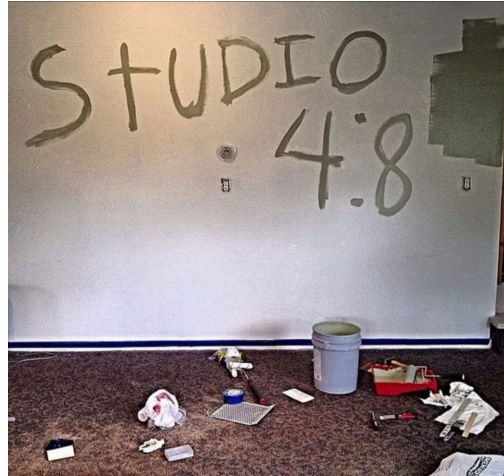
5:30 – 6:30 p.m.
Vin-Yin Flow - Kelli

THURSDAYS

beginning June 13

9:30 – 10:30 a.m.
Morning Bliss – Faith

6:00 – 7:00 p.m.
Candlelight
Restorative – Faith

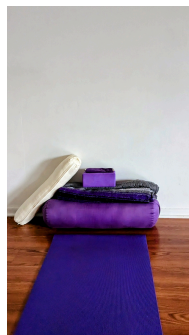


Happy 10 years Studio 4:8 Yoga
June 12th.

10 years ago I opened the doors to
Studio 4:8.
10 years. ❤️

So, thank you all for your
continued support.
Not only your monetary support, but
for showing up.
For prayers.
For hugs.
For believing in this community..

*Blessings my 4:8 family.
Love you all.*



Namaste'
-Bonnie 🌻



1 John
4:16

“And so we know and rely
on the love God has for us.
God is love. Whoever lives
in love lives in God, and
God in them.”

Let's celebrate
10 years!!!

Invite a friend week
June 9-15th!!
(drop-in fee waived)

+ if you bring a friend, and
they sign up for a monthly
membership YOU get HALF
OFF your membership!

Summer Yoga
Special

June, July & August
available to new or
returning members

Single Membership ||
(\$55/mo)
OR Buddy Membership (2
people, save more \$\$) ||
\$95/mo (total)

Pose Focus: Chair Pose
Core, Standing, Strengthening



Benefits:

Stimulates the abdominal organs, diaphragm, and heart.

Reduces flat feet.

Stretches shoulders and chest.

Tones the ankles, thighs, calves, and spine.

Contraindications: Headache, insomnia, low blood pressure.

Modify: Block between thighs, back to the wall.

Notes: Core, standing, strengthening

Instructions:

From Mountain Pose, inhale and lift the arms perpendicular to the mat with the palms facing each other. Exhale and bend the knees, encouraging the thighs to become parallel to the mat.

Knees track more of the ankles than the toes, torso leans slightly over the thighs forming a right angle with the tops of the thighs.

Inner thighs run parallel to each other, heads of the thigh bones press down towards the heels. Shoulder blades firm against the back and low back continues to lengthen.

Instructor Focus
Faith Lauterbach

200-RYT Studio 4:8
School of Yoga Graduate



THURSDAYS
9:30 - 10:30 a.m.
Morning Bliss

6:00 - 7:00 p.m.
Candlelight Restorative

Hi, I'm Faith! I am a Registered Nurse, and a holistic health and wellness coach and now I am honored to say yoga teacher! On my own wellness journey I discovered journaling, meditating, breathwork and yoga to be the things that brought me healing. I am honored to be able to share these things with others.

I am married to my soulmate Seth. Together we have 5 grown kids, and a Frenchie - who makes us laugh every day. I enjoy spending time with my family, reading, home organizing, traveling, working out, finding time to be in nature, meditate, yoga and journaling. If we haven't met yet, I can't wait to meet you on your mat!

*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
- @the.yoga.bug
- @yogalift_with_lindsay
- @shielasievert
- @itsmmbell.yoga
- @yogawithshaina
- @reallifewellnesscoaching
- @kellipower
- @heatherheffernan
- @yogibiker