



Studio 4:8 Yoga Newsletter

Monthly Happenings || September 2024

September Member Birthdays

Faith Lauterbach
Laura Anderson
Tiffany Hildebrand
Jackie Newman

Happy Birthday!!

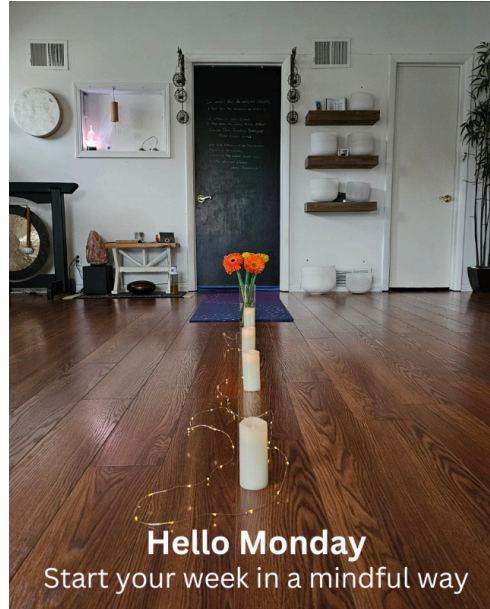
Welcome New Member!
Alexis Medina

No Morning Bliss
Class on Thursday,
September 12



1
Thessalonians
5:11

Therefore encourage
one another and build
each other up, just as in
fact you are doing.



Hello Monday
Start your week in a mindful way



Class Focus

Vin-Yin Flow

Mondays
5:30 – 6:30 p.m.
Kelli Power

Vin Yin Yoga, also referred to as Yin Yang Yoga, is a yoga sequence that combines Vinyasa Yoga and Yin Yoga. This is normally done with Vinyasa as the first half of the sequence and Yin Yoga as the second half. The Vinyasa portion warms the body up and rids your body of excess energy. After this, your body is ready to relax and lengthen during the Yin Yoga portion. Come to experience breath, flow, balance and stretching to release in our mind, body and spirit anything you've held onto throughout your day.

All levels. (prenatal, beginner and first timer friendly).

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



follow all our
instructors, too!



@studio48yoga

@bonniejensenmeyer

@itsmmbell.yoga

@yogalaura

@yogawithshaina

@the.yoga.bug

@reallifewellnesscoaching

@yogalift_with_lindsay

@kellipower



Studio 4:8 Yoga

@shielasievert

@heatherheffernan