

Winter Yoga  
Jan. 4 – Feb. 26

spacious heart yoga

203 South Main Street · Goshen, Indiana 46526  
www.spaciousheart yoga.com · (574) 53-GRACE



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**D**ear Spacious Heart Yoga Community,  
The New Year is approaching quickly and with it will be some new and exciting changes for Spacious Heart Yoga!

### Anusara Yoga® Certification Progress

As many of you know, I have been working toward another level of Yoga Teaching Certification. I will be completing phase 1 of my Anusara Yoga® certification process by taking a written exam between December 29 and January 8, so I will not be teaching many classes during that time. Please read the forthcoming class schedule carefully to make sure you are aware of the changes.

### SPEAKING OF CHANGES—

#### We are moving to a new studio!

I am excited to announce that Spacious Heart Yoga will be moving to The Wellness Studio in downtown Goshen, at 119 S. Main Street. We will begin new classes at this location on March 1, 2010!

As I have contemplated this transition, I've been reminded that Spacious Heart Yoga is defined by the community we have created which continues to grow and evolve. The current space has served us fully, and for this we are grateful. To celebrate our time here, we will have a moving day and transition celebration on February 27 and 28.

Terri, owner of the Wellness Studio, and I, believe that sharing studio space will enable us to focus on what we love: serving the community in the fullest, while keeping our lives healthy and in balance. We also anticipate that our collaboration will expand Yoga and Wellness opportunities for our community!

Thank you again for your love and support. May you have a blissful winter!

Namaste!  
Kara

Class times and registration online:  
[www.spaciousheart yoga.com](http://www.spaciousheart yoga.com)



### New teachers!

I'm excited to welcome additional teachers who will enable me to focus on studies and projects.

**Angela Nisley**, will be teaching one weekly class for the month of January. She has taught in my absence and has been studying one on one with me, focusing specifically on yoga philosophy, history and teaching methodology.

**Latasha Flint** from Niles, Michigan, has agreed to teach classes in January including a special Yoga Ed training. The training will include tools to work with high-risk youth through yoga, meditation, visualization and art-therapy.

**Michelle Marquis**, will be offering a six-class Level 1 Reiki Training beginning in January. Reiki is a form of body work which promotes relaxation and healing through light touch.

**Rachel Koontz**, a graduate of Green Tree School of Yoga in Elkhart. Rachel is a massage therapist and yoga teacher who has a particular interest in teaching kids and intergenerational yoga classes.

# THE WELLNESS STUDIO

119 South Main Street · Goshen, Indiana 46526  
www.GoshenWellness.com · (574) 238-5076

Winter Wellness  
Jan. 4 - Feb. 26

## *F*riends of the Wellness Studio,

Winter is here in all of her chilly splendor. As we settle in and look for warmth and comfort, this is a great time of year to pause and reconnect with ourselves. The bustling holidays quickly pass but the frigid weather stays, compelling us to nestle into warm places, and pause from our frantic pace.



I love the opportunity winter brings to either gather with friends over a hot meal or spend some time in solitude curling up with a good book. I hope this winter brings you delight, time for quiet contemplation, as well as invigoration for the new year!

*Cheers!*  
*Terri*

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### *Studio Expansion!*

More classes and services will soon be available at the Wellness Studio location as Spacious Heart Yoga will begin sharing studio space starting March 1, 2010! Here are a few things you should know.

#### **Pricing**

Spacious Heart Yoga and The Wellness Studio will be sharing space, but will remain their own entities with separate pricing.

#### **Classes**

SHY and the WS will each offer separate class schedules. Kara and Terri will offer a discount to students who sign up for the other businesses' classes.

#### **Registration**

SHY and the WS will maintain separate websites and registrations. However, if you register for a joint yoga/wellness package, you should be able to sign-up through either website.

#### **Male-Female classes**

Yoga classes are open to men and women. Wellness Studio classes will remain open exclusively to women.

#### **Questions?**

Please feel free to call or email Terri or Kara if you have any questions about the studio transitions.

**Terri:** Terri@goshenwellness.com  
574.238.5076

**Kara:** Kara@spaciousheartyyoga.com  
574.536.4407

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*life in balance*

Class times and registration online:  
[www.GoshenWellness.com](http://www.GoshenWellness.com)