



# sage butterfly

Greetings All!!

Happy November! Here is the latest from sage butterfly studio...lots to share.

**Our new November schedule** has just a few minor changes. Thursdays classes will be moved up by 30 minutes each: Qi-Yo-gang will be at 3:30pm and Zumba at 5:00pm. With early darkness this may be more beneficial for those who are looking forward to getting cozy at home after a long day.:) The only other change is that the 10am class on Friday will now be our popular QiGong/Yin Yoga combo (instead of "gentle yoga" - this will be available upon request.)



Click on logo and find out even more about Zumba.

For those of you who are *THINKING* of trying ZUMBA (our aerobic dance class) and feel a little maybe, intimidated... please let me assure you it is *ALL* about fun. They refer to it in "Zumba-land" as "exercise in disguise." You don't have to be a great dancer (I'm certainly not!) and from a fitness level standpoint, everyone goes at *THEIR OWN PACE*. There are ways to make it more aerobic - and ways to bring it down to a milder level. So please give it a shot! Through the end of the year, if it is your first Zumba class, I will offer you a complimentary trial. Bring a buddy and have fun together.

(On that note, Tammy from the Bay Café is starting a program called "Lose It In The Bay" - designed for those wanting to shed some extra pounds and have some support along the way. Find out more from Tammy ([baycafeatbirchbay@yahoo.com](mailto:baycafeatbirchbay@yahoo.com)) or visit the chamber site: <http://www.birchbaychamber.com/events.html>)

[Click here](#) for a downloadable PDF of sage butterfly classes.

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**Thinking of ideas for Christmas & Holiday gifts for family and friends?** sage butterfly studio is offering gift certificates for the season. Buy one pass at normal price and get the second at half off. So many reasons to be practicing Yoga, QiGong AND Zumba... Take the edge off not only the rush of the holidays, but energize and calm yourself in trying times. (Not to mention burn a few calories when all of those tempting goodies start appearing everywhere you look!)

[Click here](#) for more info - and gift certificates can be personalized as well.

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## UPCOMING WORKSHOPS:

**Energize Your Heart in 4 Dimensions...** Saturday, November 15 - 2:00 - 3:30 pm (\$15) - Come learn how heart rhythm meditation can bring about physical, emotional and spiritual benefit. You will be introduced to the meditation practice itself as well as view a demonstration on Heart Rate Variability Biofeedback (now being called one of the most reliable ways to predict possible heart disease...) Pre-registration suggested as seating is limited.

[Click here](#) for a downloadable flyer - or [here](#) to get more info (and pay) online. **Register and pay by Nov. 12 and save \$3.**

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**WINE TYPES: Discover Your Inner Grape...** Friday, December 5 at 5:00pm (approx. 1 hr)...Based on the book by the same name.

An entertaining look at personality and which wine varietal we most resemble Learn more about YOU and the 'others in your bunch.' Includes assessment, results and a glass of red or white vino from Mt. Baker Vineyards and snacks. \$10 per person. Books will be on sale as well at a discount (reg \$10.95 - at seminar only \$7.95 ea) These make great holiday hostess gifts or great stocking stuffers!

[Click here](#) for a flyer/more info.

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**INTENTION BOX:** There is now a little box in the studio where you can put your prayers & intentions - either anonymously or not... And we will keep these requests in mind during our practice... The power of group prayer can be magnificent. (There are also intention cards available for you to write your request.)

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### **IDEAS for the new year...**

I am considering having every other Wednesday evening a 'get-together' time - with possibly the first Wednesday reserved as **MOVIE NIGHT** - when we can watch a motivational film together - and the third Wednesday as **"DREAM SHARING"** - a forum where we can look at our dreams and possible meanings, interpretations etc. [Please let me know](#) what you think about these suggestions.:)

OK... I have taken more than enough of your time! So much to share and so many ideas.

Wishing you all a beautiful month and look forward to seeing you...

Cheers & Blessings...

Namasté.

Kelly



P.S. A free "Go Green Recycle Love" Tote Bag will still be given for any 8-class pass purchase.:)



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