

sage butterfly

(REAL) SPRING NEWS



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Happy Spring to you!

Longer days, buds on trees, daffodils poking their sweet heads above ground...ahhh.... awakenings.

Hoping this newsletter finds you ready to stretch (physically and figuratively) into some new beginnings as well.

Schedule updates:

I will be out of town on Saturday, March 28 but Juliet will be teaching Sat. morning Yoga in the Sandcastle. (Thanks, Juliet!!) There will be no Zumba that day... Off to my animal communication class in Sonoma.

The following week, Thursday classes (4pm QiGong and 5:30pm Zumba) will be moved to WEDNESDAY, APRIL 1 - just for tis week. I have a [seminar/book signing at C.J.Wijns](#) that you are all invited to (no admission) on Thursday at 5:30 pm. More info below...

And tho you will probably get another newsletter prior to this, I will be gone once more the full week of Apr. 17 - Apr. 23 (Friday - Thursday). Will let you know whether Juliet will be able to teach Sat. AM Yoga (Apr. 18) but other classes will be off schedule til that following Saturday the 25th.

Old news worth a repeat.:

HAVE MAT, WILL TRAVEL. INTRODUCING... MOBILE YOGA.:

As the number of classes has been reduced, I want to remind you that PRIVATE INSTRUCTION is always an option and I am reducing the cost to accomodate those of you who can't make it to the regularly scheduled classes. (\$30 - 60 Minutes /for up to 3 and \$8.50 per extra person)

So, if 3 (or more) of you would like to arrange for a class, we can meet at the studio - or at another (local) location of your choosing. You will have the option of Yoga, QiGong or Zumba - or a combination of those. You can also add in a longer meditation if that is something that would appeal to the group.

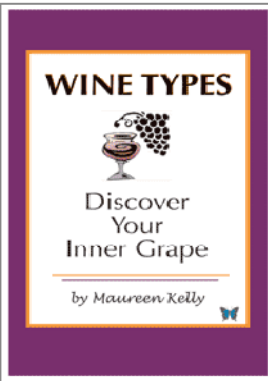
If your workplace is interested in having someone provide on-site Yoga instruction, please let me know and I would also be happy to see what could be arranged.

Blessings...
Namasté,
Maureen

P.S. For updates on Belly Dancing Classes, please contact [Goddess Annyse](#) directly.... Thanks!

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

UPCOMING WORKSHOPS:



Wine Types: Discover Your Inner Grape
BOOK (RE) LAUNCH & INNER GRAPE SEMINAR

Thursday, April 2 - C. J. Wijn's in Birch Bay
5:30 pm - 6:30 pm
7714 Birch Bay Drive

Come sip a little vino and learn about YOU and the others in your bunch! (And laugh a little, too.)

HEALTH TIP...

Two new studies presented last month at the annual conference of the Association for Research in Otolaryngology suggest that a combination of three common nutrients could prevent both short-term and long-term hearing loss: Vitamin C, E, and magnesium.

The supplements seem to prevent hearing loss by protecting a part of the ear known as the lateral wall. What makes this particular finding even more significant is that the lateral wall is also linked to age-related hearing loss. So this combination of nutrients may also help prevent more than just noise- induced loss of hearing.

But if it's already too late for prevention, and you've been putting off your own hearing aid purchase, there is more good news for you as well. There's a simple, natural treatment Dr. Wright and his colleagues at the Tahoma Clinic have been using for years to restore hearing in people who have already started losing it. It involves keeping close tabs on your levels of aldosterone, one of the adrenal steroid hormones, and replacing what your body is missing if testing indicates a need.

This technique is so powerful it even works in people who've had hearing loss for years - - restoring what they thought was gone for good often in a matter of just two months. To read more about it, refer back to the October 2008 issue of Nutrition & Healing. Subscribers can download and view this issue for free by visiting www.wrightnewsletter.com and logging on to the Archives with the username and password listed on page 8 of your most recent issue. And for those of you who aren't already subscribers, the website also offers details on how you can become one and start accessing this and all of Dr. Wright's other life-changing health tips, starting today.

A LITTLE INSPIRATION...

***the seeds
of infinite knowledge
are planted within us from birth.***

***we need only give them
that which they need to grow:***

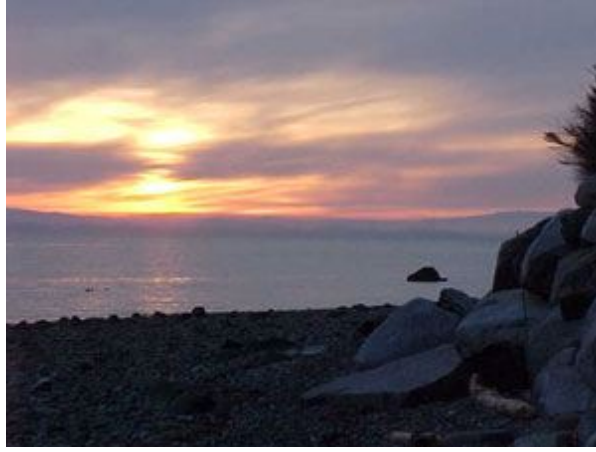
***our awareness, their drink.
our faith, their sunlight.
this belief brings them forth.***

***they await our recognition...
this garden
of potential.***

- Maureen



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www.sagebutterfly.com
(360) 920-1125 * sagebutterfly2@comcast.net

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