

Akasa Yoga Studio

Spring 2018 Newsletter



Happy Spring!

We are growing, and we love having you be a part of it! Check below for all of our upcoming Sessions.

We LOVE sessions, they allow us to offer you a stable and consistent practice that builds on the previous class. This helps you deepen your personal practice and understanding of the poses and foundations of yoga so that you can see faster results in your practice and life.

1

HOT VINYASA SESSION

April 17-May 22 Tuesdays
8:15pm with Trish

\$90

2

BEGINNER SESSION

April 4 - May 9
Wednesdays 5:30pm with
Kate \$78

3

YOGA FOR RUNNERS

April 4 - April 30 Mondays
8:15pm with Megan

\$52



Book Suggestion

The Four Agreements
by Don Miguel Ruiz



REFERRAL PROGRAM

Read below for details! It's GOOD!



Fresh New Apparel

Coming soon!! Stay tuned in store and online for our new printed tees, tanks and long sleeves!

What's New at Akasa

Hot Classes, Sessions, Instructors, Open Studio Time, Referral Program

We have been busy over the last few months, trying to offer you the best that we can. We are here for YOU! So here's what we've come up with:

Hot Classes Thursday 5:30pm and Sunday 7pm

Sessions, please see first page of newsletter.

New Instructor - you've all been so wonderful in helping us welcome **Chloe Price** to the studio. Bringing fresh energy and excitement to each class, she's one not to be missed. We are incredibly blessed to have her as part of our family.

Support Staff - We couldn't do what we do without the amazing support staff that we have! Amanda Forman does an incredible job with keeping our props clean. Krista Minar is so wonderful with her help cleaning and operating the front desk for us on Tuesdays & Fridays.

Open Studio Time - This has been a dream of ours from the beginning. We are now offering open, non-instructed studio time for you to use the studio for your own yoga practice or meditation. FREE for Members. \$5 drop in for non-members. Days and Times are as follows: Tuesdays 9:30-11am and Fridays 10:45am-1:45pm.



MEMBER REFERRAL PROGRAM - Here's how it works:

If you hold a current Membership at Akasa, and you refer a new person to the Studio and they purchase a 10 punch pass (or more) or a Membership (3 month or more), YOU receive your next month for FREE!

“Deep in their roots, all flowers keep the light.” - Theodore Roethke

AKASA PRICING OPTIONS

These prices are subject to change, are non-refundable and non-transferrable. All prices below are subject to GST.

Class Passes

5 Class Pass - \$73.50

10 Class Pass - \$130

20 Class Pass - \$220

Student & Senior Rates available in studio with ID - please contact us for rates.

New to Akasa? Try your first month, unlimited for \$65

Memberships

3 Month Membership - \$89/month

1 Year Membership - \$79/month

Parent Pass - \$99/month for 1 year

