



LOTUS HEALING VILLAGE



Newsletter

January 2010

Wishing you all a very Happy New Year!

I am happy to announce **our** very first Newsletter! It is not my newsletter. This is **our** newsletter. My intent is for you to share in it any suggestions, events, announcements, insights, and other information you would like to pass along to our Lotus Healing Village Family. So, whether you are a yoga student, a Trager®, Reiki, EFT®, or Cayce client, a colleague or a friend, please send your input and most of all ENJOY!
Namaste', Emily

Pigeon Pose



This pose can be practiced to stretch the piriformis muscle; this is known to help alleviate problems or pain in the sciatic nerve leading to a condition known as sciatica.

Pose of the Month

Celebrate Yoga Day USA!

Saturday, January 23, 2010

We are currently seeking a venue to hold a special yoga event. Stay tuned for an update!

I am often asked, "what is Trager®?" For those of you who have not experienced Trager®, here is what a client says; "It is the only form of bodywork (massage) that makes me limp all over!" Seriously, Trager® is a gentle movement technique that helps to release tension, muscle soreness, headaches and a host of other things. For more information check our website at www.lotushealingvillage.com.

❖ *GIFT CERTIFICATES are always available*

ANYWHERE ANYTIME ANY BODY YOGA, it's almost here! Available in January 2010, save your pennies, **ONLY \$14.95**

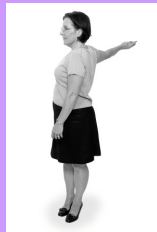


Anywhere, Anytime,
Any Body Yoga

A PRACTICAL GUIDE
TO USING YOGA
IN EVERY DAY LIFE



Here is a SNEAK Preview!!!!



Up Coming Classes & Events

Dec 31ST 2009: Unity Church of Sun City will have a burning bowl ceremony at 4 PM. The church is located at 101st Ave and Coggins Dr. just south of Grand Avenue. A great opportunity to release what did not work for you in 2009, so you can begin anew.

Jan 2, 2010: Our regular monthly Healing Circle is at 7:30pm. Share this great opportunity for healing the planet and ourselves. Please bring a friend!

Jan 28, 2010: Join me for an introduction to Chair Yoga at Rise at 1pm. Rio Salado Community College is on Smokey Drive in Surprise just south of Bell Rd.