

# Serenity Yoga

Announces:

## Body— Breath— Be

Dear Friend and Fellow Practitioner,

The Serenity Yoga family of studios is proud to announce the inception of our Body — Breath — Be program.

At the heart of our newest offering, lies the principle of **Simplicity**. Too often ignored in today's busy world, it seems as if our lives continue to become more and more complicated, more and more cluttered. In essence, our daily lives are packed full of too much of everything: too much stuff, too much noise, too much work, too much multitasking, too many responsibilities, too many devices enabling too much communication, and finally, too many choices. Even for those of us who value our practice and do have an honest desire to become more connected, more still, and more at peace, the path to achieve this doesn't even seem simple!

That is what compelled us to develop Body — Breath — Be. The first program of its kind, Body — Breath — Be provides a simple solution to ensure that you are reaping the greatest benefits from your yoga practice. Even though we are all aware that yoga calms the mind and body, heals ailments, and improves overall mental and physical health, we often hear students asking how they can get the most, *on a personal level*, from their practice. They want to know how often they should attend, which specific classes, at which times, and with which instructors.

Body — Breath — Be is the answer.

When you enroll, we will remove all the guesswork by creating your own *personalized* program. In other words, we will **Simplify** your path.

Upon joining the program, you will receive:

— Your own Personal Advisor—one of our renowned instructors to craft your specific weekly practice-schedule, based on your specific needs.

— An initial consultation—at which you will sit down, one-on-one, with your Personal Advisor. During this extended meeting, you will describe your goals (mental, physical, and spiritual), physical issues or ailments, and preferences, as well as your availability,

time constraints, and conflicts. At this point, your Personal Advisor will format your weekly schedule of classes, addressing these individual needs and goals.

— Continued monthly meetings—here's where you can check in with your Personal Advisor, receive support and encouragement, and make any necessary adjustments to your program. Goals changed? New issues cropping up? Not a problem: Remember, your Personal Advisor is there to **Simplify**.

So please, take us up on our invitation and call your home base Serenity Yoga studio today for more information and to see how you can enroll in our Body — Breath — Be program.

Need a little extra inspiration? The program is FREE to all monthly renewal members!

While our newest offering may *seem* quite innovative, it is really just another way we are upholding our vision of making yoga easily accessible to all—even in the midst of our complicated and busy lives.

Because the path to Serenity really is that . . . **Simple**:

Body — Breath — Be

Sincerely,

Your Family at Serenity Yoga