



www.hotyogawellness.com

East meets East in the West®
Happy New Year!



Check your studio:

- [Concord](#)
- [Woodbridge](#)
- [Kennedy](#)
- [Mississauga](#)
- [Brampton](#)

Beijing

Spirit is the Life
Mind is the Builder
Physical is the Result

See you at the studio

The Hot Yoga Wellness Team

www.hotyogawellness.com
905-660-8880

Aerial Yoga at Kennedy:



If you do not wish to receive our emails then please type your Hot Yoga Wellness "sign-in" name and the word "REMOVE" and email to info@hotyogawellness.com
Thank you.

Hot Yoga Wellness® *Happy New Year!*

at Concord, Woodbridge & Kennedy

(you can use your unlimited HYW plan at any of these three studios)

1. Open House all Day starting 9am:

→ Jan 9th at Woodbridge

→ Jan 9th at Concord studio

→ Jan 10th at Kennedy studio

Free Classes (check the studio's website)

Meet the Instructors

Sale of Membership Plans

Light Refreshments

Qigong

Bring the kids

Raffle

More more and more (depending on studio)

Bring your friends & all of the family to check out the studio and try a class or two.

2. "Till January 10th" "New Year's Resolution" Sale

Please check with Reception re prices AND ask about GIFT CARDS!! ***
Sale starts now and ends January 10th

3. Twenty Day Challenge starts Mon. Jan. 4th

Attend 15 classes within twenty days and receive a prize. You will do yourself a wonderful service - mind, body and soul. Just do it!!

4. Trainings: Click [Here](#) for

→ Yoga Therapist Training - Starting January 23

Prepare yourself for the next wave of therapeutic treatment.

→ Yoga Teacher 250hr - Weekends starting March 19

Click [HERE](#) for details. Also Free Classes for early (approved) sign-up

6. It's Winter - the studios are "HOT"

Winter is said to be the season of stillness. According to Traditional Chinese Medicine, winter is a time for deep inward reflection and meditation. Gently move the body and calm the mind through yoga which will replenish your energy. See and feel the beauty that winter offers. Winter connects us to the deepest parts of our being, brings us closer to family and friends and allows us to appreciate the sanctity of the things we love most. "Body temperature yoga" is simply wonderful.

7. Additional classes: check your studio

→ Concord - 905-660-8880

3pm Sat. & 5pm Sun.

→ Kennedy - 416-901-5788

Aerial Yoga Tue. 8pm & more

→ Woodbridge - 905-266-0894

Class style changes - check schedule