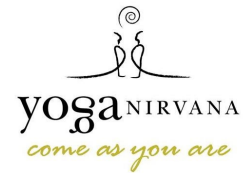


"And now that you don't have to be perfect, you can be good." – John Steinbeck



Groundhog Day Happened & Everything's Fine!

Visit our website for the most up to date announcements: <http://www.yoganirvanastudio.com/>



Ash Higgs helps you harness your inner strength with a special Meditation Series at Yoga Nirvana Studio:

"Mindfulness of the Body"
SUNDAYS, 12:00 - 1:30 PM
(beginning Feb. 10)

\$15/person
(cash only)

More details are available on our website:
<http://www.yoganirvanastudio.com>

Wellness Day for Nurses!

Saturday, February 9, 2019
9:30 AM - 3:30 PM
@ Yoga Nirvana Studio

\$65.00 for the day
(lunch will be included)

To register:

Email contact@nursesfornaturalhealth.org
...or Text 347-470-9766

Download the Details on this .PDF flier ([click here](#))

Thank you to Vanessa Ruiz for bringing this event to our studio! Please spread the word!

NURSES
for Natural Health

WELLNESS DAY FOR NURSES

Start 2019 with self-healing, relaxation and reflection

Includes:
Restorative Yoga and Guided Meditation

Workshops:
Stress: How it Effects Your Hormones
Natural Supplements for Stress Management and Recovery
Reiki and Energy Healing: How to Apply in Your Practice
Holistic Nursing: Is it for You?
...and more!
Vegetarian Lunch Provided



Third Thursday Happy Hour

Thursday, February 21, 2019
7:45 PM, Location TBD!

Listen for announcements in your class!

RSVP at the studio - you can also confirm with a quick email to us at yoganirvanastudio@gmail.com



February's Instructor of the Month:

Michelle Standfast

Friday, 4:30 - 5:45 PM

Haven't taken class with her yet? Make it a point to try something new! First time ever? It's free!



Love yoga? Want to dive deeper into your practice, and/or get formally certified to teach others to do yoga?

Here's your chance!

YNS Yoga Teacher Training

(spring 2019 cohort)

classes begin February 11, 2019

and we have ONE SPOT LEFT

Interested? Read the instructions carefully, and submit your application THIS WEEK!

<http://www.yoganirvanastudio.com>



We've updated our [class schedule](#); please be sure to check it out! In addition to changing some classes around, we're welcoming two new teachers on Mon & Weds. Welcome, Jenna Gully and Claremarie Chaczyk!

