



BODY BALANCE
BY PHYSIOFLOW

AUGUST NEWS



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Upcoming Events

Save The Date

September 11-13

GRAND RE-OPENING CELEBRATION



Join us for a weekend of yoga, informational workshops, and celebration! Beginning Friday evening 4PM- Sunday evening 5PM. All classes and workshops are FREE!

Spotlight on Service

Each month get to know one of our fabulous instructors at Body Balance.

Amy Thomson 200 RYT

Amy has been teaching yoga at Body Balance since January 2014, after completing her 200 YTT thru the Buddha Balance Yoga School. You can find Amy teaching a dance inspired vinyasa class or Hot Yoga. When not teaching Amy likes to spend time with her two young children Bryter and Lincoln, and husband Tyler.



In Amy's words:

"I practice yoga because it has led me to a deeper connection to myself, I teach yoga to help others find that connection as well. Yoga has taught me to be more compassionate to myself and the world around me. I teach to touch people's lives in a positive way. I am grateful and honored to teach at Body Balance.

Something you may not know about me:

"I have no sense of smell. Works out well when teaching hot yoga!"

You can find Amy teaching: Monday/Friday Hot Yoga at 8:30AM, Saturday Hot Yoga at 9:30AM, and sprinkled through out various other days. You may also catch Amy at the front desk, as she doubles as our office manager.



Time Change

In an effort to enhance everyone's experience on the mat we are moving the start time of Tuesday and Thursday morning Hot Yoga to 10:15AM.

See you on the mat!

doTERRA Oils

Coming this fall Body Balance will be adding regular classes on essential oils. Keep your eyes open for fun and educational workshops featuring doTERRA oils!



Come Experience
dōTERRA

"Naturally Safe, Purely Effective Essential Oils"

Body Balance Studio | 757.221.0074 | Email | Website

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