

WELCOME TO OUR

# April Newsletter

*we're so glad you're here!*

JOIN US FOR

## This Month's Offerings:

- Saturday 4/19 1:00-2:30pm
  - **Yin Yoga & Gong Bath** w/ Dana Potts
- Friday 4/25 6:30-7:15pm
  - **Sound Bath** w/ Dana Potts
- Tuesday 4/29 8:00-9:00am
  - **Dance & Stretch Zumba Fusion** w/ Sarah Acker
  - Use your class pass or drop in for \$22

*For more info on our offerings, visit us at [selflessloveyoga.com](https://selflessloveyoga.com)*

## Member Spotlight

FROM PATRICIA ANDERSON:

"I hadn't started practicing yoga until my early 60's as a way to help relieve my sciatica pain. I took a handful of classes at other studios, but didn't join the Selfless Love Community until I retired at 64. I guess you can say I am hooked because I go everyday. The practice has not only relieved my sciatica but has also helped my mind, body, and soul. Lindsay and her staff are amazing, and the messages Lindsay and all the instructors project in their classes have deeply influenced my everyday lifestyle. All of the instructors show students how poses are attainable at all levels. I am so happy to have found Selfless Love Yoga not only because of the instructors and various classes but because of the amazing Yogis I have met in this beautiful yoga community."





# Awakening April

JUST AS THE EARTH AWAKENS IN APRIL, SO TOO CAN WE FIND NEW BEGINNINGS WITHIN OURSELVES. EMBRACE THE FLOW AND LET YOUR SPIRIT BLOOM.

## Schedule Changes:

### NEW CLASS ADDED!

Wednesdays 8-9am  
Rise & Shine Flow  
w/ Denise Tranchina  
\*\*starting 4/16\*\*



### Mondays Schedule Shifts:

- 9:30-10:30am Deep Stretch Vinyasa  
\*\*now led by Kristin Zawistowski
- **12pm will no longer be on the schedule.**
- 6:00-7:00pm Open-Level Flow  
\*\*now led by Dana Potts

EARTH  
DAY  
SALE



**2 Classes for \$22**

Will be available to purchase on April 22nd ONLY.  
Limit one per student.



## Earth Day Meditation Recording

**Cost: \$11**

For thousands of years, yogis have been honoring the earth with rituals, meditations, and practices. April 22nd is Earth Day, so we're putting together a guided meditation to help you drop into the present moment, contemplate your interconnectedness with the earth and all living beings, connect deeper with all elements of the earth, as well as honor the planet as a whole. Can be used on Earth day or any other day!



## Easter Schedule:

**9:30–10:30am**

Holiday Flow  
w/ Lindsay

*\*all other classes cancelled\**



**50% OFF**

### **our second hand shop**

*We're looking to clear some space in our shop so that we can bring new items. Come enjoy 50% off all of our second hand items from 4/17-4/20.*

## Save the Date: more details coming soon...

- Friday May 9th 6:30–8:30pm
  - **Candlelight Restore & Wine Down**
  - w/ Kristin Zawistowski
  - Soft movement illuminated by a gentle glow followed by heartfelt connection, laughter, and a cozy spread of treats (option to bring your fave beverage if you choose). In honor of Mother's Day or any woman in your life who you are so grateful for.. including yourself!
- Saturday May 3rd 1:00–4:00pm
  - **Writing from the Heart Workshop**
  - w/ Kate Cauley
  - An afternoon starting with gentle movement and meditation, followed by soulful writing where you'll explore the stories held within your hearts and return home to yourself through the healing power of creative expression – no experience needed, just an open heart and a willingness to show up exactly as you are.

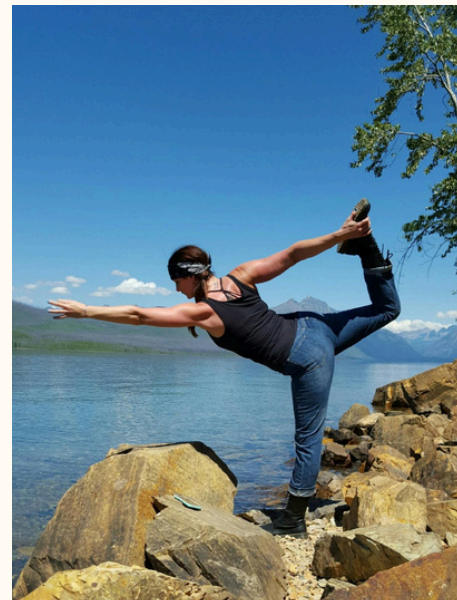
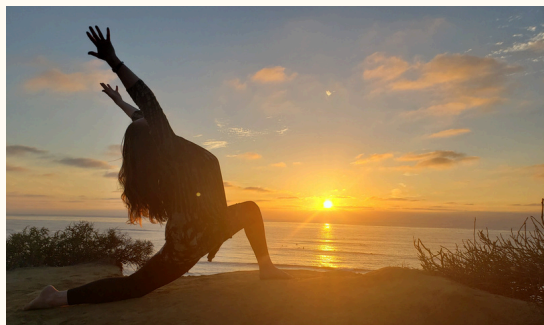
"THERE IS ONLY ONE WAY TO  
HAPPINESS AND THAT IS TO CEASE  
WORRYING ABOUT THINGS WHICH ARE  
BEYOND THE POWER OF OUR WILL."

— EPICTETUS



# Instructor Spotlight

FROM KRISTIN ZAWISTOWSKI:



"My professional background may be a tad different than most yoga teachers. Perhaps, the polar opposite. But the reasons that guided me down this path may be all too similar. I found comfort in yoga after a series of life-altering events and heart-breaking loss left me with this incredible void. I will never forget that feeling after taking my first yoga class in 2010. A feeling I wanted to bottle up, take with me, & share with everyone I knew. I walked out of that class knowing I needed a change. The following year, I enrolled in my first teacher training & I haven't looked back.

I have trained/studied with some of the most amazing and profound teachers over the past 15 years, but my most influential teacher and the one I try to emulate every day (both on and off my mat) is my very first guiding light... My Mom. I teach from my heart. Every challenge that life has thrown my way has given me the tools that I share in every class that I teach. I share my real-life experiences and how yoga has kept (and continues to keep) me grounded.

I share my mistakes...because we are all human! I share my injuries and show how props and modifications have helped me. I share how my practice has changed as my body has changed throughout the years. I share the transformation yoga has made (& continues to make) in my life. I share that I don't always have my "stuff" together, and that's ok, because I'm a work in progress. I share my sense of humor because, honestly, I cannot imagine life without it. I am genuine.

Well, there is one thing that's not real about me...

Full disclosure: my roots come from a box. I have taught ages 3 to 93...Sitting in a chair, flying mid-air, standing on their head, lying in a hospital bed. And I have a realistic approach to teaching yoga...It's not about touching your toes or putting your foot behind your head. Yoga is about slowing down, breathing, feeling, and tapping into that inner strength and light that resides within all of us. It's about finding balance, softening your mind, and creating a sense of peace through physical movement. It's about being humble, letting go, accepting where you are, honoring the body you have, and showing love & compassion towards your own heart.

Yoga is about being present... Letting life unfold and taking it one smile, one moment, one breath at a time. My intention is to make every student feel at home. I create a fun, safe and tranquil space for you to move, to breathe, to heal and to just be. So, you can leave class feeling a little lighter... And with a smile!