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January 2010

Grand Opening - Jan 9-15

Namaste Laura,

Enjoy one week of free classes, a 10% discount on all merchandise (20% for yoga teacher trainees) and door prizes to celebrate our Grand Opening.

We have over twice as many classes for you to choose from and some amazing new instructors for you to meet. We will be offering incredible discounts on six-month passes and three months passes and continue our offer of a five punch card for \$40. Annual passes will be on sale for \$650 including GST.

[Read more here.](#)

Laura

Grand opening party - Saturday, January 9

You are invited to join us for the Grand Opening Celebration on January 9th. Kicking off our first free class of the week will be a free yogilates class taught by Laura Phelps from 1:15 to 2:45 PM. We will then be serving drinks and Thai food from 3:00 PM onward. Door prizes and draws will add to the fun!

Pilates Teacher Training in June

Sign up for our Pilates mat teacher training course which will run over two weekends in June. Taken alone, this course is \$500. Learn about anatomy, good muscle recruitment patterns and how to teach a safe, fun and effective Pilates class. [Read more here.](#)

One more new class!

By popular demand (see we listen) we have added a Dynamic flow class on Sundays at 4:30 PM. This class will be taught by Samantha and will be a creative combination of power, hatha and vinyasa flow. Try it for free this Sunday!

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