



Transitions and New Beginnings ...
A gift for you!

Nothing "rocks your world" like being laid off or losing your job. And yet big changes bring new beginnings ... and the possibility for a life that is richer, fuller, brighter, and better than you could have ever imagined!

We want to offer you the opportunity to step back from trying to figure out your next move and to step out of the fear, worry and stress. It's an opportunity to discover the insights and clarity that come when you can soften and let go of grasping and striving.

This is a gift ... a port in the storm ... a sanctuary where you can clear your mind, unwind and release the tension in your body and soothe your heart and soul. At The Yoga Institute, we are holding a safe space and the intention for you to find your way with clarity and ease, into your new life.

We invite you to make a new beginning - refreshed and renewed!

This is a Gift of a One month Unlimited Class Package of Yoga for displaced Nasa and Aerospace Employees that are involved in the Aerospace Transitions program. Please print this flyer and bring it with you to your first class at either location at The Yoga Institute.

(This offer is not available online. Limit one per person. Offer expires February 29, 2012.)



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