



# Creative Actions Yoga

5753 Nor-Bath Blvd., Bath, PA 18014  
732-887-2150  
www.CreativeActionsYoga.com

## Newsletter - October 2017

**October brings the change of seasons.  
Stay focused and don't fall out of practice**

There are no schedule changes this month.

### The Next Beginner Yoga Series Workshop

January 3 - 31, 2018 at 6:45 - 7:45pm  
(Flyer) (Register)

## OCTOBER WORKSHOPS

### Pamper Me With Essential Oils

October 8, 2017 at 4 - 6pm  
(Flyer) (Register)



Learn about essential oils and how to use them in your self care routine.

You will also make your own bath salts.

October 8, 2017  
4 - 6pm

\$25 cash/check, \$25.88 cc  
\*Add \$5 after September 30

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### Restorative Yoga Workshop

October 15, 2017 at 4 - 6pm  
(Flyer)(Register)



Sunday, October 15, 2017  
4 - 6 pm

\$20 cash or check, \$20.70 cc  
(Add \$5 if you register after October 7, 2017)

Restorative yoga is a relaxing, calming practice where you can let go and breathe. It allows you to find stillness in supported poses, while calming the nervous system. Restorative practices are a good complement to more active practices. In the workshop, the teacher will arrange for the necessary props to be available to you and the lights will be dimmed. The teacher will guide you into each pose where you will be supported by the props, and you can relax into the pose for seven to ten minutes. Your body will not be warming the way you would be in a regular practice. Although you are supported, you will definitely still feel the stretch.

- What to know:
- pre-registration required
  - no yoga experience needed
  - bring a yoga mat
  - wear warm comfortable clothing
  - wear/bring socks
  - no perfume/cologne
  - props are provided



### 7 Week Chakra Series Workshop

October 18, 25  
November 8, 15, 29  
December 13, 20  
6:45 - 8:45pm  
(Flyer) (Register)

**Seven Week Chakra Series  
With Rob Lombino**

October 18, 25  
November 8, 15, 29  
December 13, 20

Wednesdays 6:45 - 8:45pm

**\$165 for all 7 sessions, \$25 drop in  
add 3.5% fee for credit cards  
add \$5 if you register after October 10**

**Bonus: Free chakra toolkit included  
with the purchase of all 7 classes!**

*This seven series workshop includes:*

- Clearing the space using a combination of incense, candles, and aromatherapy.
- A 30 minute meditation session to locate the chakra within the body including chanting.
- A philosophy session discussing the theory behind the chakra.
- A 30 min. chakra/nyasa yoga practice to open the chakra and some partner work for those who are open to it.
- After we've moved, meditated, learned and experienced, students will be encouraged to trust what information the chakra has for them and how it makes them feel.
- The workshop will end with another chant to seal the session.
- Bring a yoga mat, notebook, pen, water and an open heart!

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## November Workshops

### Paint & Create Plus Restorative Workshop

November 5, 2017  
(Flyer) (Register)

### Restorative Yoga Workshop

November 19, 2017  
(Flyer)

## Let's be Thankful

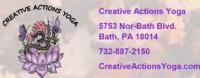
**December 3, 2017  
4pm - 6pm**

Join us for a social gathering to celebrate students and friends.

Bring friends and family.

Sign up to bring a dish.

We will be collecting food for the Bath Food Bank.



## Join us for a Friendsgiving

**December 3rd at 4pm**

Pot luck style food, sign up here:

[www.SignUpGenius.com/  
go/20F0B4EADA92FAAFD0-friendsgiving](http://www.SignUpGenius.com/go/20F0B4EADA92FAAFD0-friendsgiving)

We will be collecting food for the Bath Food Bank

November 1 thru December 3

Please Review **Creative Actions Yoga** on

[Facebook \(Click Here\)](#) and [Google \(Click Here\)](#)

THANKS!

## Weekly Schedule

### Mondays

- 9:30am Align to Flow Yoga (Level 1)
- 5:30pm Prana Mat Pilates (All Levels)
- 6:45pm Align to Flow Yoga (Level 2)

### Tuesdays

- 9:30am Stretch and Strength (Gentle 1)
- 5:30pm Flow Yoga (Level 1.5)
- 6:45pm Flow Yoga (Level 1)

### Wednesdays

- 9:30am Align to Flow Yoga (Level 1.5)
- 5:30pm Align to Flow Yoga (Level 1)
- 6:45pm Beginner Yoga Workshop (5 weeks, starting January 3rd)

### Thursdays

- 9:30am Stretch and Align Yoga (Gentle 2)
- 5:30pm Yoga Flow (Level 2)
- 6:45pm Yoga Flow (Level 1)

### Fridays

- 9:30am Prana Mat Pilates (All Levels)
- 11am Chair Yoga (Silver Sneakers Accepted)

### Saturdays

- 10am Yoga Flow (Mixed Level)

### Sundays

- 10am Slow Flow Yoga (Gentle 3)



For more information please go to [www.CreativeActionsYoga.com](http://www.CreativeActionsYoga.com)

For Questions or concerns please contact us at: [info@creativeactionsyoga.com](mailto:info@creativeactionsyoga.com)