

SEPTEMBER NEWSLETTER

A New Chapter Begins: Opening August 31st!

Dear Yoga Family,

Ever since welcoming you into my home for classes back in March of 2025, guiding your practice has been an incredible joy. Over the past several months, many of you have followed along as Steve and I have been renovating a dedicated room in our house into a larger, purpose-built studio space. If you've seen the sneak peeks and progress updates on Facebook, you know how much love and energy have gone into this transformation! I am thrilled to say that starting tomorrow, August 31st, we will officially transition into our beautiful new studio space! (Check out the attached pics to see the progress.)

Studio Logistics & Parking

While a few final decorative touches are still being completed over the coming weeks, all the essential elements are ready for us to move in, roll out our mats, and practice together in our roomier layout.

Parking Directions

As we continue to work on our new exterior parking setup, please follow these parking guidelines when arriving for class:

Primary Parking: Our 6 original designated parking spots with parking signs remain fully available for your use.

Overflow Parking: If more spaces are needed beyond those 6 spots, you are welcome to park along the sides of the driveway (accommodating up to 4 additional cars).

Schedule Updates & Special Offerings

Regular Schedule Change

Starting the first week of September, the Wednesday night Restorative Yoga class will be removed from the schedule. With the new studio space open, Thursday night's Restorative Yoga at 6:30 pm will be able to house the whole group. Thank you for noting this change as you plan your weekly practice!

Fall Equinox Yin Yoga Practice (Special Offering)

Join us on Sunday, September 20th from 9:00 AM to 11:00 AM for a nourishing 2-hour Fall Equinox Yin Yoga Practice designed to welcome the new season with balance and intention. Class activities will include:

Sankalpa (Intention Setting)

Pranayama (Breathwork)

Yin Yoga Asanas

Meditation

Reflection

Oracle Card Pull

Pricing & Registration:

Offered on a sliding scale from \$33 to \$40 (pay what you can comfortably pay).

Please register online via our website pathofom.com to reserve your spot!

Grand Open House Coming Soon!

Once every detail of the renovation and landscaping is complete (in about a month or so), we will celebrate with a proper Grand Open House! There will be exciting prize draws, special giveaways, and a chance for you to show off your new yoga home to your family, friends, and neighbors. Stay tuned for official dates!

Thank you!

Thank you all for your continuous support, encouragement, and patience throughout this journey. I can't wait to share this peaceful new space with you!

A tremendous Thank You to Steve for his dedication to the renovation and to this community - couldn't have done it without you, Babe 💕💕

And a huge Thank You to Mom & Dad; your help has been invaluable and so appreciated - love you guys 💕💕

With so much gratitude and light,

Cindy

