

Dear Friends & Students,

Charles and I would like to thank you so much for supporting Northern Lights Yoga over the past 16 years.

When we moved here from the Midwest, our hope and our dream was to add a special light to this wonderful community.

We have devoted much of our life, our love, and our energy to Yoga. We have been most fortunate to have the foremost authority on this subject as our teacher. B.K.S. Iyengar is the strong light that shines through all the teaching we share with you. We also have been grateful for the teaching of Manouso Manos and Lois Steinberg – two of America's most senior Iyengar Yoga teachers.

Without you, we could not have the joy of sharing this light. Whether you have taken classes in the past, are just beginning at Northern Lights Yoga, or are one of our many long-time students, we thank you for practicing an art that improves a communities health and well-being person by person. Through Yoga, we all contribute positive change for our families, our neighbors, and ourselves.

After such a long time in our current space, we have decided to move our studio to the space right next door. This space is nearly twice as large as our current one. We hope to turn it into a state of the art Iyengar Yoga studio. We will be painting the walls and ceiling and putting in a beautiful bamboo floor. We will have a larger and more easily accessed prop room. In the future, we hope to add a rope wall for supported poses and two dressing rooms.

We chose the bamboo floor for its beauty, its feel under foot, and especially because it is a sustainable, ecologically sound, product.

If you would like to be a part of our new studio in a very personal way, we ask you to consider contributing to our new bamboo floor. The cost of the floor will work out to approximately \$5 per square foot. If you would like to purchase one square foot or many square feet, please make a check payable to Northern Lights Yoga and either drop it off at the studio at 9 W Placer in Helena or mail it to Northern Lights Yoga at 2751 Grizzly Gulch Dr, Helena MT 59601.

We greatly appreciate your donation and promise to continue our in-depth study of the art and science of Yoga, and to share that study and its fruits with you.

Namaste` and Thank you

Judy

Charles

Beth

Emily

Rebecca

Theresa

(The teachers of Northern Lights Yoga)