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Newsletter - April

1 message

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To: Jean Dion <dion.jean.marie@gmail.com>

**April News for You**

Spring is a great time to recommit to your yoga practice. Stretches can help you prepare for intensive gardening sessions, while meditation can open you up to gratitude for the season to come. I have a lot to share with you in this email, so keep reading!

Featured Event: Mother's Day Yoga

I'm holding a special class on May 3 at [CreativiTee](#) in downtown Salem from 6 to 7:30 p.m. I anticipate it will fill up, so [now is the time to register!](#)

In this special Mother's Day Yoga class, we'll celebrate all of the wonderful women in our lives, from moms to aunts to sisters. Bring your favorite mom figure with you for an hour of yoga, followed by a special shopping experience. You'll also take home a shirt or sweatshirt to remember the experience.



This class always fills up, so it's important to sign up early. [Register today!](#)

Other Events You'll Love

I'm holding a few special classes this month that you might love:

*** Full Moon Circle.** The full moon will visit us in the middle of April. Join us at the studio for journaling, discussion, and sharing to help you celebrate this special time. We'd love to see you! [Register today.](#)



* **Restorative Yoga and Massage.** Blend movement and massage in one amazing class held right here in the studio. We have two opportunities for yoga and massage this month: April 26 (8 to 9:30 a.m.) and April 27 (8:30 to 10 a.m.). [Register today.](#)

* **Roll and Release Yoga.** During this class on April 25 from 5:30 to 7 p.m., we will use foam rollers and trigger point balls for myofascial release and combine that with restorative yoga to reduce tension in the body, benefit your joints, and induce an all-over relaxation. [Register today.](#)



Featured Product: Body Butter

It's back by popular request! I made up a batch of this amazing body butter, and it's available in the studio for \$15. I have samples available too, so you can try it before you buy it. This body butter is perfect for chapped skin, and it smells great, too. Come pick some up!

Hone Your Practice

Ongoing

PRIVATE LESSONS

You and I work together to create a class or a series of classes that meet your exact needs and wants.

- * One-on-one session begins at \$65

- * Group sessions also available

Message us today so we can start planning.

IN-PERSON CLASSES

Yoga Escape offers in-person classes, along with our virtual classes.

In-person classes are **semi-private**, with up to five people attending each class. Because space is limited, we remind you to reserve your class as soon

as possible.

In-person class package options:

- * 4 sessions: \$58 (monthly membership)
- * 8 sessions: \$108 (monthly membership)
- * 12 sessions: \$162 (monthly membership)

VIRTUAL CLASSES

You can take any virtual class we offer live or at your convenience. All virtual classes come with recorded videos that are emailed to you weekly.

Virtual class package:

- * \$65 per month, unlimited (monthly membership)

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