

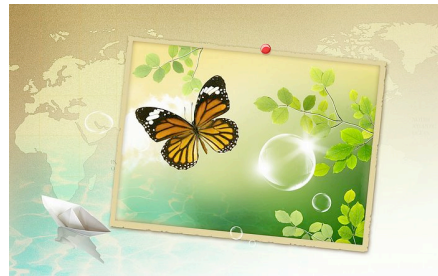
# SYNERGY



yoga studio

2001 - 2011

*Ten Years Sharing the Joy of Yoga*



## **Synergy News** **March/April 2011**

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### **Thank You To Everyone Who Made the Tenth Anniversary Such a Blast!**

What better way to mark our tenth anniversary than with several past, current, and future Synergy Yoga teachers leading so many happy yogis through ten amazing Sun Salutations! It was a day to remember! Karen Pace opened Synergy Yoga ten years ago and celebrated on January 29 with friends, family, students and teachers. There was yummy food, fabulous new t-shirts and a sense of accomplishment as everyone joined in the event. Karen recognized many individuals who have contributed to the success of Synergy over the years - presenting each with a certificate, t-shirt and a BIG "thank you!" It was a day for sharing memories, funny stories, achievements and many hopes for the future. Happy Birthday Synergy! See the Facebook page for more photos and "like" us to keep in touch!



**Spring is Almost Here!**  
***Be an Early Bird and get a discount for Ongoing & Series Classes:***

Ongoing Classes

Register by March 14 to receive the Early Bird discount for  
Spring Session: Mar 28-Jun 18, 2011

(For more information about Ongoing Classes go to <http://synergyyogastudio.com/prices.htm#ongoing>)

Series Classes

*There are four series classes starting soon at Synergy!*

**Register by Feb. 24th** to receive Early Bird Discount for:  
Prenatal (6 Week Series)

**Register by Feb. 25th** to receive Early Bird Discount for:  
Kids Yoga (6 Week Series)  
OR  
Teen Yoga (6 Week Series)

**Register by March 19th** to receive Early Bird Discount for:  
Pilates (8 Week Series)

(For Series Class dates and other information go to <http://synergyyogastudio.com/prices.htm#series>)

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**Celebrate the Spring Equinox with Yoga and Guided Meditation**



led by Karen Pace, ERYT  
**Sunday, March 20th**  
**3:30 - 5:30 PM**  
\$20 (register by March 7)

*Join us in celebrating the spring equinox, when the sun rises exactly in the east and sets exactly in the west, and every place on earth experiences a 12 hour day. This natural alignment also marks the first day of Spring!!*

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Tell your friends to **Spring into Yoga** at Synergy's

**FREE Introductory Yoga Class!**

Saturday, March 26, 2011

11:15 am - 12:45 pm

(Space is limited, reserve your spot today!)

**Use coupon below to receive an additional Yoga Class at no charge!**

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**Earth Day Celebration at Synergy!**

Come join us for FREE Music, Yoga and Kirtan!

Friday, April 22, 2011



7:00 - 8:00 pm

(donations accepted)

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**FREE YOGA CLASS**

Refer a friend who registers for four or more classes and with this coupon receive an additional Yoga Class at no charge

Offer Expires: April 30, 2011