

# RabBoar Studio Update

**December 2011**

**Peace on Earth**

## Holiday Gift for YOU



I often say at the end of my Yoga classes, "Let there be peace on earth, and let it begin with us." Peace does begin within our own hearts and minds, and to help you and your family have a peaceful holiday season and new year we would like to offer you a special gift — bring a friend to any class — or all classes — all thru the month of December for free — that's two for the price of one — to one class, or 5 classes, or 25 classes — and this also applies to those of you who have purchased a group of classes.

Bring a friend — you've been telling them how good Yoga, Tai Chi or Pilates makes you feel — now they can experience it for themselves.

And we will be starting two new classes for those of you who like to be home before dark — Tuesdays and Thursdays 4-5PM. Tuesday will be a Kundalini Yoga & Meditation class, and Thursday will be a Gentle Yoga Stretch class. Starting Thursday, December 1st.

As most of you know, I started a daily Yoga practice over twenty years ago to help relieve chronic and often acute back pain — and I have been mostly pain free ever since.

Recently, again thru personal experience, I have found balance and relief of emotional pain as well thru my regular Yoga practice. I LOVE Yoga and all it has done for me.

David had also started his Tai Chi practice about 35 years ago to relieve his debilitating back pain — and he has also been mostly pain free for years. And his recent experiences with Kundalini Yoga have "changed

him" on a deeper level. — he says he is less stressed, calmer, and generally a "nicer person" since he started practicing and teaching Kundalini Yoga.

And Larry, another Kundalini Yoga teacher and "gonger" extraordinaire can't say enough about how it has changed his life, and keeps on making it better and better.

We want to share our love for these disciplines with NW Arkansas.

Give it a try, and we know you'll feel the difference — within your body and, just as importantly, within your mind and spirit.



## New Website and Printable Calendar

We still have [www.rabboar.com/studio](http://www.rabboar.com/studio) for information about all our classes, but there is something new. We now have a calendar available which you can view

weekly or monthly, and is easily printable. Just click on Calendar at the top of the main pages. And we've started a new website:

[www.arkundalini.com](http://www.arkundalini.com) (also with the same calendar) which is loaded with information about Kundalini Yoga.

### Yoga

Monday (Flowing/Stretching) **5:45—7:00PM**

Tuesday (Kundalini & Meditation) **4:00—5:00PM**

Tuesday (Kundalini of Sound) **5:30—6:45PM**

Thursday (Gentle Yoga Stretch) **4:00—5:00PM**

Thursday (Kundalini & Meditation) **5:45—7:00PM**

Saturday (Core Strengthening) **10-11:15AM**

Sunday (Kundalini & Meditation) **9:00—10:00AM**

### Tai Chi Chuan

Monday/Wednesday (Basics) **5:30—7PM**

Monday/Wednesday (Forms) **7—8:30PM**

**Pilates Wednesday 5:45—6:45PM**

[www.rabboar.com/studio](http://www.rabboar.com/studio)

[www.arkundalini.com](http://www.arkundalini.com)

(479) 621-8003