

# LUX YOGA STUDIO

# TWISTED TIMES

## NEWSLETTER

## WE'RE SO GLAD YOU'RE HERE!

Now that you are here.... take a minute to breathe... take a minute for you... and let us thank you for being a part of the LUX Yoga community. Our quarterly newsletter is a way for you to get the inside deets on new products, upcoming news, and events. You will also have access to **special discounts** and **exclusive studio announcements**.

## ABOUT US

At LUX Yoga Studio we believe that dedication and consistency will not only result in physical changes but also mental resiliency. We are confident that every person who comes to LUX will feel welcomed, empowered, and comfortable. Our dedication to sharing our passion for yoga, fitness, and self-care provides a wide array of classes for all levels. Although LUX Yoga is a small intimate space, its personality is HUGE!

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## HOW ITS GOING

“I am so happy that I joined LUX Yoga Studio! Since starting classes like Sculpt, Body Blast, and Flex Flow I’ve gained muscle (while losing weight), and increased my strength (started with 8# weights, now up to 25# for leg workouts and 15# for arms), and have so much more endurance than I have in years! And, my planks are getting so much better! Morning classes are the best! They're a great way to start the day!” - JH

Classes are the perfect mix of fun and challenge. Laughter is as important as the physical growth! LUX promotes the perfect environment to push me into a difficult pose and be able to laugh when I slip out of it.” - H

“Teaching classes has not only changed my body but my mind. Not being the ‘Ideal’ body type had me a bit insecure about teaching a workout class. Would people accept me? Would people feel some sort of way? How would I feel? Can I physically do this?? Well, I tell you what... I CAN... AND SO CAN YOU!! Watching you all nail that pose do yoga on vacation, even teach your friends a class, or do something out of your comfort zone that you would NEVER have done before has changed me!! Thank you for showing up, supporting each other, and letting me be me and you be you!” - JANEL

“Ok. Let’s get started” my favorite Adrianna phrase. If you know, you know. If you don’t- come to Body Blast and find out!!” - HH

“I can’t believe the difference LUX has made for me. I attend almost daily because I feel so good when I’m done. In addition to my eating plan and daily exercise, I am down over 25 pounds and have gained muscle. My flexibility and balance are better than they were in my 20s. The mornings I start my day at LUX my body feels much better all day. Besides all of that, I love the friendships I have gained and the atmosphere of LUX. I can just be me. I appreciate Adrianna and Janel pushing me to my limits and the encouragement they both give.” - RB

“I can tell you I quit for the summer due to being gone a lot and busy, busy, busy! I feel it every day and I’m patiently waiting for the summer bustle to slow down so I can come back. While at LUX, Fall-Spring, it boosted my mood, and energy and the aches and pains were so much less. My chiropractor told me I needed to go back because when I was actively going I never came to see her.” - JC

**Congrats**  
ON YOUR  
**Milestone!**

## 25 Classes Attended

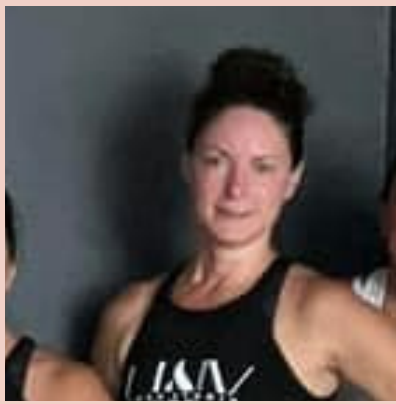
**Heather S.**  
**Marcy**  
**Trina**  
**Ann**  
**Justine**  
**Jordan**  
**Heather F.**  
**Brenda**  
**Jana**  
**Ashley**





**50  
Classes  
Attended**

**Joanna H.  
Heather H.  
Klare G.  
Stacey B.**



# LUX Yoga 100 Club

**Heidi  
B.**



**Rose B.**



**All good things must come to an end...Where did they go?!**

**Mallory** ~ In June Mallory got married and moved north to be with her new husband. We were very sad to see her go but ecstatic for her to start her new life. We wish you the very best Mallory!!

**Venus** ~ After a brief period with LUX, Venus decided to explore a different avenue. She had great knowledge and skills in many areas. We wish her the best in her future endeavors.

**Desi** ~ After years of working for Scheel's, Desi accepted a position to open a Scheel's in Idaho. This is a great move in Desi's career! We are beyond happy for Desi and grateful for her time with LUX. We have no doubt she will be phenomenal in her new role.

**Best  
wishes  
to you**

*Welcome*

**Quin**

**FACT-CHECKED** 🔍

Quin is an avid Irish Dancer & instructor.

# LUX YOGA STUDIO

## BEYOND THE MAT

### Meet Tiffany B.

*Owner & Founder of LUX Yoga Studio*

Hi! I'm Tiffany. I am incredibly grateful and honored that you are here and entrusting LUX to be part of your wellness journey.

My wellness journey has been just that, a journey. It has not been easy, quick, or painless. It has been a process. A learning experience. One that I am still modifying daily.

For most of my life, I have struggled with anxiety, depression, low self-esteem, trauma, and lack of self-confidence. Being an introvert, I often held myself back from opportunities for fear of not being accepted, being judged, or not fitting in. I had no idea WHO I was. For 20 years I have dedicated my life to being a wife, mother, Substance Use Disorder Counselor and Social Worker. Every day, I helped others overcome the barriers in their lives... my identity was what I did, not WHO I was.

In 2019 a dear friend of mine invited me to attend a yoga class with her. I had never practiced yoga before but was willing to give it a try. I immediately fell in love. I loved how I was able to free my mind of all my daily obligations and responsibilities and for that one hour on the mat, I felt completely free.

It didn't take long before I started to realize the other benefits yoga had brought to my life; my anxiety and depression had decreased, my self-esteem was improving, I physically felt better and I no longer felt the need to have others' acceptance.



My vision when opening LUX Yoga was to provide the community with a safe place where any and everyone is welcome. A place where no matter your ethnicity, financial status, body type, gender, culture, yoga experience, fitness background, beliefs, family of origin, or struggles, YOU ARE WELCOME! Every one of us has a story, that story does not need to be your identity!

Take the risk, get out of your comfort zone, and get on the mat. Nervous? Don't be, we've all been there. Not good at yoga? Neither were we when we started. Allow yourself that hour of your day to discover who you are.

I promise you will not regret it!

*-Tiffany B.*



**AIM HIGH, WORK  
HARD AND LOVE  
YOUR FAMILY.**





# Get The Goods!



NEW



NEW



NEW



NEW



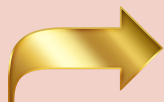
NEW



NEW



# LOOKING FOR OPTIONS? YOU'RE IN LUCK, WE HAVE PLENTY!



## PRIVATE SESSIONS

Have private sessions been on your radar?

Maybe you want to become more familiar with the poses before joining a class or maybe the class times don't work for your schedule. Maybe one on one sessions are more your style. Well you are in luck! We offer private sessions to better accommodate your needs.

DM us to set up a date and time.



## GROUP SESSIONS

Have you been wanting to try a class but don't feel comfortable with people you don't know?

Maybe you have never tried yoga before but have always wanted to... with friends. Are you looking for a creative idea for a family or friend outing? Hosting a bachelorette/bachelor party or maybe looking to plan a special day for a loved one or even a birthday party. LUX Yoga has your back! We offer private group sessions and are happy to cater to your needs.

DM us to set up a date and time.



## COMING SOON

### Yoga: For the Not So Flexible

- Kids Yoga Series
- Chair Yoga
- Express Yoga
- Barre
- Butts & Guts
- Restorative Yoga
- Yin Yoga

Book a Class



## UPCOMING EVENTS

- Paint the Town Pink
  - October 5th
  - 3-7 PM
- Self-Care Day
  - TBD