

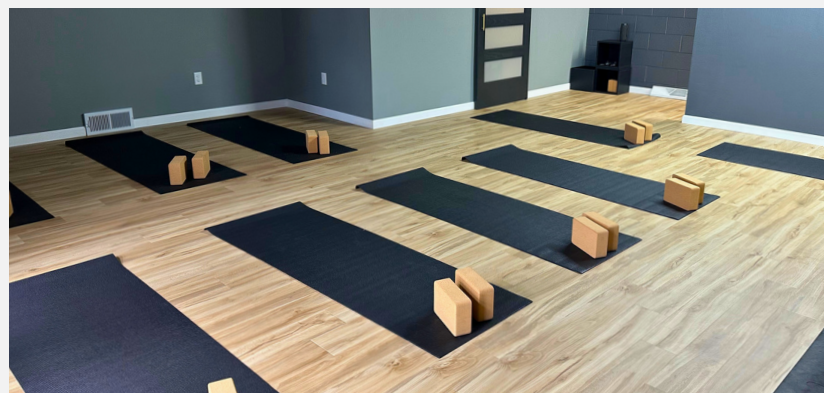
Celebrating Our One-Year Anniversary



January 1st marked our One-Year Anniversary! Boy, what a year it has been! Time sure does fly when you're having fun!

We are beyond grateful for every one of you and excited to see what the next year has to bring us.

CHEERS TO ANOTHER
YEAR!



Sculpt

*Most Attended
Class*

**Body
Blast**

*2nd Most
Attended*

**Walk it
Off**

3rd Most Attended

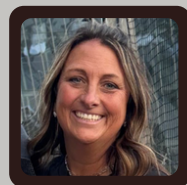
Make yourself proud



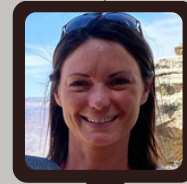
100 Club



You can do hard things



50 Club



Your Mat MATTERS

The average mat is about 3 mm thick, perfect for a strong, flowing practice. Thinner mats can help increase stability for more active or balance focused poses. Mat with textures surfaces provide better grip for more strenuous poses.

Thicker mats provide extra cushioning and are preferred for therapeutic practices or styles that consist of fewer poses that are held for longer periods of time, such as restorative yoga. Thicker mats also provide more comfort for poses that consist of more forearm and kneeling poses however they can be much more difficult to balance during standing poses.

Suggestions

- Alo Yoga Mat
- Aeromat Elite
- BalanceFrom GoYoga
- Liforme

All available on Amazon

*Use your discretion as to what is best for you

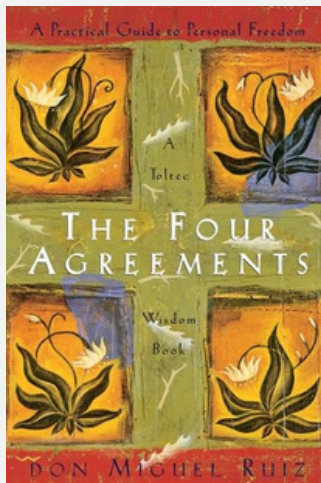
tips & TRICK

Tiffany's Recommended Read

THE FOUR AGREEMENTS

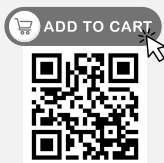
A Practical Guide to Personal Freedom

by Don Miguel Ruiz



Go inside and listen to your body, because your body will never lie to you. Your mind will play tricks, but the way you feel in your heart, in your guts, is the truth.

~Don Miguel Ruiz
The Four Agreements



LUX YOGA STUDIO *BEYOND THE MAT*

MEET JANEL G.
LUX's Official **HYPE** Girl



Hey there, it's your girl Janel, the HYPE queen at LUX! When I'm not busy rocking the yoga studio, I'm out there fighting the good fight as a Public Health Nurse. My heart lies in reproductive health, HIV care, sexual violence prevention, and everything that involves community health. With nearly 20 years of nursing under my belt, I still can't get over how fulfilling it is!

My husband and I are the proud parents of two college boys - one in St. Paul and the other in Eau Claire. Raising kids can be a real adventure, but it's amazing to see them grow and thrive! I also have a furry child, Chance, who is a BIG and SPOILED American Bulldog with a major attitude!

When I'm not saving the world with nursing and yoga, I love traveling with my amazing husband on our motorcycle. We've done some epic trips, including Seattle, Banff, Jasper National Park in Canada (you have to check it out!), Oregon's Crater Lake, Northern California, Colorado, and more. We even pack a trailer with all the luxurious camping essentials (hello, full-size air mattress!) for our motorcycle adventures. Our ultimate dream is to ride through the stunning countryside of Norway.

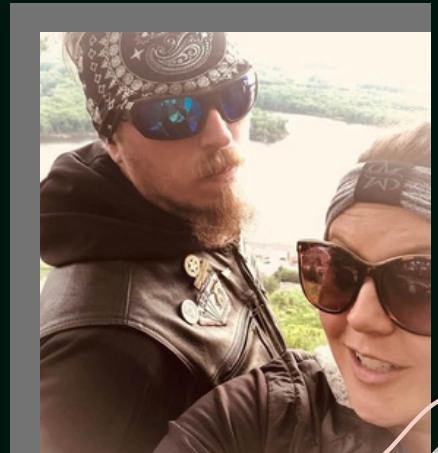
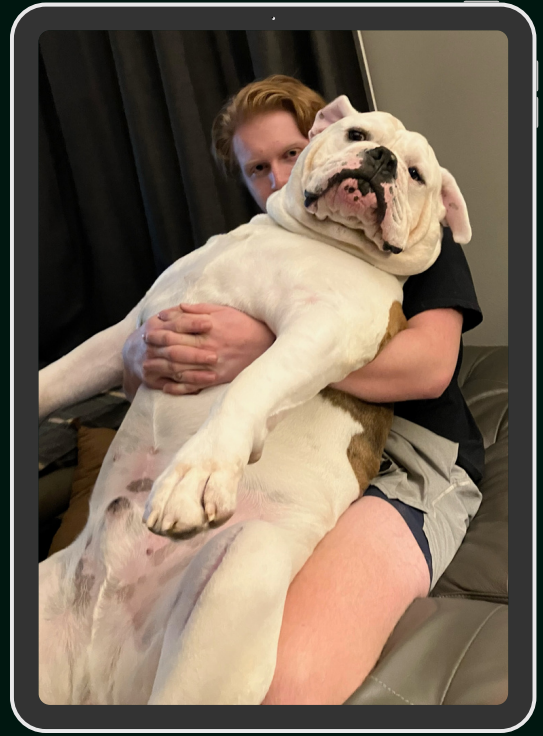
I also love soaking up the sun and being one with nature. I'm all about gardening, landscaping, hiking, biking, and I even know how to build a garage from scratch!

I can't wait to see you at the studio, where you can be yourself and have a blast! Dance, sing, and laugh with us - you only live once, but if you do it right, once is enough!

XOXO,
Janel

BEYOND THE MAT

A CLOSER LOOK



be yourself



You only live once but if you do it right, once is enough
-Mae West



2023 in Review



Grand Opening & Ribbon Cutting

20 January, 2023

We opened the doors of LUX Yoga on January 1, 2023. January 20th we held our Grand Opening and Ribbon Cutting Ceremony with Chippewa Chamber of Commerce.



Classes

Ongoing

Ending the year, we have established a variety of 33 different variations of classes to help break out of a monotonous routine. Our list of services is continuously updated with new and adventurous classes. I can not wait to see what the next year has in store!

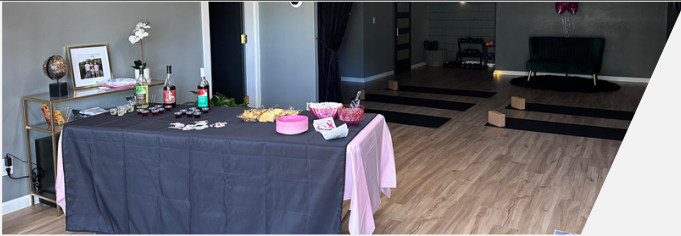


Thinking Outside the Box

Ongoing

We want to offer more than traditional yoga and thinking outside the box has helped us do that by offering Healing Yoga with **Balanced Living Holistic Services** and in-studio chair massages with **Natural Aura Wellness**. Self-care doesn't need to be expensive or inconvenient, we want to bring the services TO YOU!

2023 in Review - *Continued*



Community Involvement

Ongoing

We had so much fun participating in the many community events such as welcoming 60 NEW teachers to the Chippewa School District, Paint the Town Pink, Downtown Trick-or-Treating, Small Business Saturday, and Widow's Weekend to name a few.



Community Support

Ongoing

LUX Yoga is HERE for the community! This year we donated over \$1000 in donations and merchandise to support community organizations and/or members. Some organizations that received our support were the Chippewa Figure Skating Club, Parkview PTO, Elite A's, Chippewa Falls Youth Baseball, Hope Village, Paint the Town Pink, Jason's Presents, Chippewa Humane Association,, and many more.



New Staff

Ongoing

Staff turn over is often bitter-sweet. As we hate to see staff leave to follow their dreams, we are grateful and excited to welcome new visions and talents.

Since our last newsletter, we welcome Quin, Maizie, Rose, and Deijah!



the best
IS YET
to come

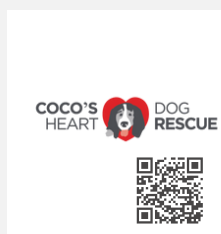
We are looking Forward to an Exciting Year Ahead!

If you thought last year was exciting, just wait until you see what's coming! Prepare yourself for some mind-blowing experiences that will leave you breathless.

To make sure you don't miss any of the excitement, follow us on social media for all of the latest updates.



Scan the QR Code for options to foster, adopt, or donate.



VISIT OUR WEBSITE
BOOK A CLASS



www.luxyogastudio.com