

OCTOBER 2020

# REJUVENATE WITH YOGA

NEWSLETTER



## PERSONAL/STUDIO UPDATE

Hello dear friends,

I hope this finds you all happy and healthy. All is well with me and my family. Bing starts his new job this week at a grocery store, Chris has picked a date for his wedding in July 2021, and Barbie is happily homeschooling. Nick and I are doing great.

The studio remains closed to general classes because of the low ceilings and lack of ventilation. I am able to safely host 1-2 people in there for a private class. We can practice things you want to understand better and create a home practice sheet for you catered to your body and needs specifically. I am having a special, 1hour for \$30 (normally \$45), call or email me to schedule a time. (mask required) 715-213-0456

We continue to meet virtually on Zoom every week. No driving necessary, and you can take your computer, phone or tablet with you and do yoga anywhere.

Sending you all my love and hopes for your happiness.

xo,

Lisa

# STAYIN

StayIn is a web site that is like a marketplace for classes. I am beginning a Tuesday night 6pm class using this platform (It still uses Zoom). The one hour class will focus on keeping your joints safe and happy during yoga asana practice. I am testing the waters with this program, as there are MANY of them popping up trying to help teachers like me reach a broader audience. The first class is this Tuesday, October 6th.

<https://join.letstay.in/LisaBrazeau> Here is the code to try it for free: LISA1STFREE

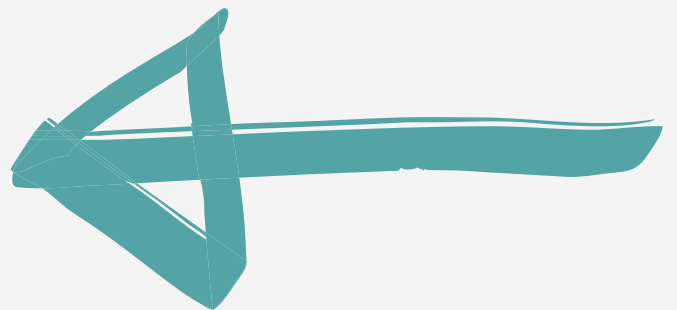
What is wrong with my alignment?

Answer at end of Newsletter



## Gleaners by Jean-François Millet

Judith Hanson Lasater mentioned this painting, in awe of these ladies from 1857 with their amazing posture while gleaning wheat.



# Online Yoga Schedule

Monday - Friday 9 am

Mondays 5:30 pm

Tue 6 pm StayIn Class

Thursday 10:30 am Gentle

**While meditating:**  
**"Relax into**  
**awareness"**  
**-Kriyananda**

- In the picture, I am hyper-extending my elbows. I try real hard not to do that anymore :)