

**First the bad news:  
We're closing on Friday April 27, 2018**

**and then the good news:  
We're installing new flooring in the yoga room!**

**We will reopen with a regular schedule on  
Saturday April 28th at 7:30am**



**-= Join us for our New Carpet Party! -=**

Sorry for the scare, we're only closing for most of the day. It's like mostly dead, which is partly alive. We're really excited to be replacing our old carpet which is also mostly dead.

We're going to take this opportunity during the day to come together as a community, host a potluck and get

some spring cleaning done. Drop in for 30 minutes or come for the day. Tasks will include deep cleaning, dusting, painting, moving things, etcetera. There will be a spreadsheet of tasks coming soon.

Everyone who participates will receive our eternal gratitude and, if you work for at least an hour, a free float session!

What: **New Carpet Potluck and Spring Clean Party**

Where: Mission Yoga

When: Friday April 27th 10am -5:30pm

Why: GTD and have fun!

Who: Our favorite yogis

How much: Free! Bring a dish to share

Please note that we will have one *last Hot Yoga Express* class on Friday April 27th at 6am led by Liza Cueva and we are hoping to have the carpet installed in time for our *first 6pm Hot Yoga Plus* with Marlene Goldman.

## **== Mission Yoga Member Drive ==**



### **Lock in Low Prices!**

In order for us to continue providing this amazing space for our community to come together to heal, grow, and have fun, we need to increase our members to at least 300. The good news is, we're almost there!

In order to get us there we're holding a Member Drive. We will be

offering 10 memberships each (Early Bird, Unlimited, All-Star, and Float) at our current price. When those spots fill up, the price will go up \$10 and we will offer 10 more of each membership.

The first round of both the All-Star Membership and the Float Memberships will be offered at a discount! See the white board for more information.

## Member Benefits

### Save Money

Our membership rates are below the Bay Area average for yoga studios. Plus, as a member you receive 10% off items in our retail boutique, workshops, challenges, private lessons and special rates for floating.

### Rewarding Referrals

Receive a 30% discount off your monthly bill for every person you refer to Mission Yoga who also becomes a member through 2018. That means if you refer three people your own membership is almost free - what a deal!

### Flexibility

Our memberships are designed to fit your busy schedule:

Want mat & towel service plus our water bar? You're an [All-Star](#).  
Practice three times a week or more? Choose the [Unlimited](#).  
Only practice in the morning? The [Early Bird](#) gets it done.  
Come only once a week? Our [5 Times per Month](#) is right for you.

### It's easy and convenient

Never run out of classes or get tied into a long-term contract. Our memberships do not have any sign-up fees or minimum commitment. It's easy to complete your contract - if you have a payment in the next 30 days, we will run your card and you're done.

### Support Small Business

When Mission Yoga first opened in 2001, there were only two other yoga studios in the Mission and now there are over 20 different options within a stone throw of us, some of which are owned by national chains with huge marketing budgets. We take pride in our longevity in a competitive market and more so in our innovation that has kept us relevant.

## Turbo Charge your Savasana!

Get ready to enjoy a healing trip for your body and mind unlike anything you've ever experienced. One hour in the float tank rejuvenates, recharges and reboots your entire system.

Get your [first hour long float session](#) for only \$59 or \$49 for Mission Yoga Members!

*Offer Expires April 30, 2018 and cannot be combined with any other offers.  
Limit one float session per person.*

## Just a few Benefits from Floating

Floatation therapy is a simple, effective way to invest in your own health and happiness. We would like to take a moment to invite you to extend a little extra TLC to yourself. Here are ten benefits of float therapy:

- 1) Tame tension headaches: A recent study at UC Irvine confirms that floatation therapy is a "long-lasting and versatile treatment" for chronic tension headaches. Neck tight? Shoulders tense? Relief is just a float away...
- 2) Improve sleep: Insomnia comes in many forms, but it's never a welcome visitor to your bed. Floating for just two hours a week for two weeks has been shown to improve insomnia symptoms for 12 weeks. Begin a once-a-week float habit, and start sleeping better...what's not to love about that?
- 3) Reduce blood pressure: "Lowering your blood pressure can pay off in significant reductions in your risk of strokes and heart attacks, regardless of your age and even if your readings are already in the normal range". So even if you're young and healthy, everyone can benefit from lowering their blood pressure, and floating is a simple, effective and even enjoyable way to achieve that goal.
- 4) Relax: Numerous studies have shown floatation therapy to be an incredibly effective and accessible way to reduce many symptoms of stress. Participants in these studies experienced elevated moods, better sleep, reduced cortisol levels and lower blood pressure. Stress makes life harder; luckily, floating is an easy solution.
- 5) Speed up muscle recovery: Floatation therapy has been shown to reduce lactic acid and perceived pain levels after athletic training. Less muscle soreness means you can get back to your favorite activities

sooner, and maybe even expand your repertoire of fun.

6) Enhance your creativity: Floating has been shown to invigorate creative thinking and problem solving and increase energy. Whether you want to improve the quality of your artistic pursuits or just perform better at work, enhanced creativity is just a float away.

7) Meditate without practicing: Meditation is good for us, but many of us are intimidated by the idea that we need to "practice" regularly to reap its rewards. People who float achieve many of the same benefits of meditation with a fraction of the effort. You don't have to master a particular mantra, coax your knees into uncomfortable poses or achieve perfect focus... just float. It's that simple.

8) Change bad habits: Maybe you smoke or habitually consume multiple boxes of Girl Scout Cookies. No judgement... but if you're interested in slaying some of your dragons, floating can help. Studies find an improved connection between consciousness and physiology through regular floatation therapy, which allows participants to bring more awareness to their choices and how those choices affect how they physically feel.

9) Love thyself: Adding floatation therapy to your life's to-do list is a simple way to comfort and heal the daily strains and struggles of life. Many of us give so much of ourselves away-to friends, family, work-that we lose sight of the vital need to refresh ourselves. In one hour, you can re-set your mind, soothe your soul, and emerge energized and renewed.

10) Improve relationships: Though not a lot of studies have been able to quantify this benefit of floating, more positive relationships are mentioned anecdotally throughout a wide array of float literature. Because floating reduces stress, increases feelings of well-being and enhances awareness, many avid floaters find that their connections and interactions with others become more sensitive and positive. What's not to love about that?

STAY CONNECTED:



Mission Yoga | (415) 401-YOGA | [schedule](#) | [email](#) | [website](#)