



Honor your mind, Honor your body, Honor your self.  
Honor Yoga is an eco- and beginner-friendly yoga and meditation studio



Fall back into your practice this month at Honor Yoga!

## Mark Your Calendars!



### Introduction to Binds with Tam Turse\*

Thursday, September 9  
6:30-8pm ET

Have you been in a flow class and the teacher says, "you have an option to bind" and don't know where to begin? Join Tam Turse, RYT-500, for a look at adding binds to your practice. In this workshop you will be a part of a discussion on why you may want to bind your practice, a review of shoulder openers that prepare you to explore binds, a break-down of common binding postures and a fun flow that brings those binds in. Designed for all levels. You will be asked to have a yoga strap or some soft "belt-like" prop at the ready.

[Register Now](#)



## Gentle Yoga at the Wall with Megan Bailey\*

Sunday, September 12  
7 – 8:30pm ET

Join Megan Bailey, E-RYT 500, for Gentle Yoga at the Wall, a 90-minute practice to explore accessible variations of yoga postures for utilizing the support of the wall.

[Register Now](#)



## Create Your Own Home Restore Practice with Carolyn Chaiko\*

Wednesday, September 22  
6:30 - 8pm ET

Do you find yourself wanting to learn more about the restorative elements of yoga? Did you know that restorative yoga may help with sleep, digestion, fatigue, and headaches?

Join Carolyn Chaiko E-RYT 200, YACEP, for an exploration in restorative yoga - a restful practice that incorporates props like blankets and pillows to create supported long held postures. Restore promotes healing through the calming of the body's nervous system.

In this workshop you'll learn how to create a simple, effective home practice using materials and props from your home. We'll review what props to use, how to set up several postures, how long to stay in each posture, and which postures to use to address specific concerns. This workshop will include an active restorative practice.

[Register Now](#)



## Yoga Nidra: The Power of Intention in Yoga's "Psychic Sleep" with Joshua Ansley\*

Wednesday, September 29  
7 – 8:30pm ET

Join Joshua Ansley, RYT 500, E-RYT 200, on a deeper dive into the role of Intention in Yoga Nidra, or yogic sleep. Joshua will share how the practice of Sankalpa or "Intention" in Yoga Nidra is a guiding force in this practice, and how he has found healing in it. The Nidra begins with setting an intention to guide the journey. Then enjoy Joshua's soothing guitar and vocals before he guides you through the extended practice of entering the psychic sleep and on into a subconscious journey. You will then be drawn back once again with Joshua's healing live music. Afterwards there will be time to reflect and share your experience.

[Register Now](#)

\*indicates a Global Livestream workshop.

Member: \$15/workshop, or \$30 for a package of 3 workshops\*\*

Non-Member: \$25/workshop, or \$45 for a package of 3 workshops\*\*

\*\*Package of 3 *only applicable to a Global livestream workshop indicated. Must be used by October 31, 2021\**

## What's Happening at Honor Yoga?



### Summer Winding Down - Get Back to Your Mat on your time

Join the back to the mat challenge when you're ready to start this September. With a rolling start through September 30, you'll be set up with 30-days of daily poses and yoga philosophy whenever you're ready to get back to your practice.

The Back to the Mat Challenge is included in your membership at Honor Yoga! See your studio to sign up or register at the link below to donate to the Honor Yoga Foundation when you sign up for the Back to the Mat Challenge.

Want a chance to win a retreat to the Orenda Retreat Center? Join the Back to the Mat Social Media Challenge with daily prompts included in the daily challenge emails. *Max 30 entries per participant. Must be 18 years or older to win.*

[Register Now](#)



### Spread the Word

Share the love and refer a friend for 2 weeks of unlimited yoga, meditation, aerial yoga and YogaBarre. If your friend continues as an omni member for 3 consecutive months, following their trial period, then you will receive a \$100 studio credit (good towards retail, workshops, teacher training, retreats and private sessions).

Referral must activate their 2-week trial by September 30 for promotional credit to apply.

[Visit Your Studio for a Referral Card](#)

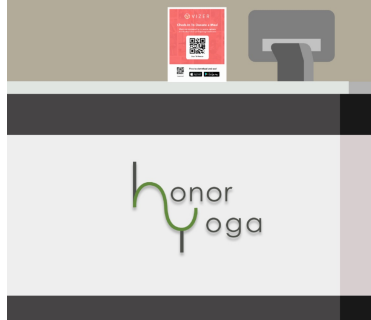
### Help Us Fight Hunger!

For Hunger Action Month, Honor Yoga is teaming up with the Vizer app, a free app converting workouts into meal donations. Honor Yoga is holding a challenge to see which studio will donate the most meals in September. Every time you take a class, a meal will be donated to someone in need. Download the Vizer App and join the corporate challenge with



With Vizer, your classes can now help combat hunger in America!

Every time you take a class and check-in on the Vizer app, a meal is donated on your behalf.



code: HONORYOGA. There will be a weekly leaderboard update on the @honoryoga Instagram and Facebook pages to see which studios are donating the most meals. The winning studio will get a prize for their community!

### Where to start:

Step 1: Download the free Vizer app to participate! [Click Here](#)

Step 2: Create your account

Step 3: Pair your Apple Watch or Fitbit if you have one. Steps can also be tracked via phone (If you use another device, check to see if it syncs with Apple Health Kit on iPhone or Google Fit on Android)

Step 4: Tap "Join Corporate Challenge" on the home screen

Step 5: Enter your challenge code: HONORYOGA

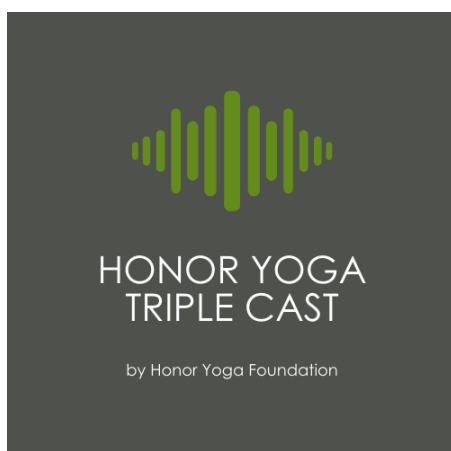
Step 6: After every Honor Yoga class scan the QR code in studio or online

*\*For tech support please submit a help request through the app or contact [hello@vizerapp.com](mailto:hello@vizerapp.com)*

*Contest Rules: Participants must participate in the Honor Yoga Corporate Challenge to be added to the leaderboard by downloading the free Vizer app and join the Corporate Challenge with code: HONORYOGA. After every in studio and livestream class, participants must scan or click the link provided by the studio and donate a meal. Global Livestream Classes will be under the "virtual studio" and in studio classes will be assigned to the studio where the class is taking place. A prize valuing up to \$1 per meal of the winning team will be selected by the studio who won to share with their community.*

Download the Vizer  
App

Find Your Next  
Class



## Have You Checked Out Our Podcast Yet?

Tune in to our latest episode on the Honor Yoga Triple Cast!

"Honor Yoga Teacher Spotlight with Joshua Ansley" and hear Honor Yoga Program Director Julia Melk's insightful interview with Honor Yoga teacher and trainer Joshua Ansley.

You can tune in to our podcasts on your favorite streaming platforms including [Apple Podcast](#), [iHeart Radio](#), [Pandora](#) & [Spotify](#).

Exciting podcasts in our Triple Cast will be coming soon!

*Just Launched!* 9/1: "Black Superwoman Chronicles" – Tune in to our inspiring series and hear Honor Yoga Founder Maria Turco's interview with DeLisha Sylvester, author, writer, and social change agent.

9/15: "Anxiety Coaching" – Julie Mellk hosts this impactful interview with Stephanie Moore, Spiritual Psychotherapist & Life Coach. You can tune in to our podcasts on your favorite streaming platforms including Apple Podcast & IHeart Radio & Pandora & Spotify.

Join Our Upcoming Live Recordings!

Honor Yoga Founder Maria Turco will be speaking with anxiety coach, Amanda Huggins on Tuesday, September 21 at 2:00 pm ET



### Shop Amazon Smiles with the Honor Yoga Foundation

AmazonSmile is a simple way for you to support your favorite charitable organization: Honor Yoga Foundation. Every time you shop, at no cost to you, AmazonSmile will donate 0.5% of your eligible purchases to the Honor Yoga Foundation! To use AmazonSmile, simply go to Android phone within the Settings or Programs & Features menu. On your web browser, you can add a bookmark to [smile.amazon.com](https://smile.amazon.com) on your web browser or activate AmazonSmile in the Amazon Shopping app on your iOS or Android phone within the Settings or Programs & Features menu. On your web browser, you can add a bookmark to [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping with AmazonSmile.

Choose Your Charity



### How to Get involved and support the Honor Yoga Foundation

Every dollar raised by the Honor Yoga Foundation goes toward offering life-changing programs that touch people in a variety of meaningful ways. You can sponsor an individual on their personal yoga journey, provide a scholarship for someone to become a yoga teacher, or you could make The Honor Yoga Foundation your philanthropic endeavor of choice with recurring, monthly, or annual gifts.

Donate Today

In Light and Love,  
The Honor Yoga Team

Each Honor Yoga Studio is independently owned and operated. If you wish to unsubscribe from a particular studios newsletter you can do so, but it will not remove you from receiving communication from all studios. You must unsubscribe from each newsletter individually.

---

Honor Yoga | [Website](#)

