



## My Studio May and June News & Updates

**My Anahata Classes ONLY are cancelled**  
for **THIS** Thursday and Saturday. (the 24th & 26th)  
All other classes are a go!

[Visit our Website](#)

**My Studio, Saturday 9 a.m.  
June classes are held in  
Clarkson Park, 124 North 42nd  
Street...**

...you've driven by it a zillion times! Easy  
peasy to find and it's not too far from

Nathan Brumbaugh is teaching these  
classes this year. He is one of our  
Restorative Yoga teacher at My Studio, and  
teaches Aerial Yoga at Keneko. Do not  
worry, he will not having us swinging from  
the trees (although that sounds kind of  
nice, doesn't it?) I know you will love his  
classes as much as I do. Practicing yoga  
outdoors brings us into the much needed  
healing energy of nature. There is always  
the perfect amount of sun and shade for  
your preference.



**Our Tai Chi Class in Florence...**

We will take off the month of June and  
start again the first Monday in July 2nd.

As usual, the pics of grandbabies  
have nothing to do with anything  
in the newsletter, I just cannot  
resist sharing them. You're  
welcome!

### Friendship

Friendships are a weird thing There is no  
'commitment' to it other than the will of  
each person. No deed of ownership, no  
license, no title, just the desire to share  
each other's company. Often, if one or the  
other moves away, despite best laid plans,  
folks just drift apart. And when the desire  
leaves one or they other we are free to walk  
away. And we do...with no ceremony, no "I  
divorce you." papers, just bu-bye. I've had  
friends leave and I've left friends but rarely  
have I had one come back after many years.  
That's Melody, after 40 years she will be  
here tomorrow. I am elated.

