



Upcoming Events and Stuff & My Studio

My Studio is closing over the long Labor Day weekend.

No classes this Friday, Saturday, Sunday and Monday, Labor Day.
(August 31st through September 3rd)
Classes resume Tuesday, September 4.

Another (two week cancellation) Monday and Friday 9 a.m. morning classes for the last two weeks of September. They will resume the first week in October.

If you, or anyone you know, is looking for a GREAT Tai Chi class come to Florence Library/Rec Center Mondays and Wednesdays at 10:30 a.m. I have a some folks that take turns leading the class that are the NICEST people and are great teachers. It is really a nice size class, and the people are so friendly. Please join us, Tai Chi is wonderful for balance, strength, flexibility, and body awareness. We all love it and you may, too! (No class on Labor Day, though.)

[Visit our Website](#)

Tuesday Evening Class is now Covered by Nathan for six weeks...

...starting the first Tuesday in September. Nathan's class will be a combination of restorative and yin, aromathatherapy, and gentle massage. The time remains the same. (Remember he teaches Monday evening and Wednesday noon, as well.)

Julie will be back with us in October. For now she's "Honoring her Edge" as she's taken on teaching elementary school for six weeks! Brave women!



Ba-duh ba-duh ba-duh That's All Folks!

Have a wonderful Labor Day Weekend and keep your eyes peeled for the next newsletter. We have a new class and a new teacher joining us. We're very excited about Dan and his class. I'll fill you in soon!

Check out Queenie, My Studio mascot. You will love her, too. xoxo...probably. If you like dogs. If not...mmmm, probably not so much!

