



## Summer National Newsletter

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### **Hello Hyp-Yogis!**

Summer is the time of outdoor hikes, picnics, vacations at the beach, and fresh fruits and summer veggies - I can't think of a better time to live presently and consciously! In our Hyp-Yoga classes (non weight loss classes) "Living in the Present" is our focus for the summer, and we at the Hyp-Yoga company are doing just that even as we look forward to all of the fantastic events the coming months hold. Read on to learn about Hyp-Yoga Teacher Training, Hyp-Yoga In-Home Parties, and how you can apply Hyp-Yoga principals of present living in your life.

## **Hyp-Yoga Teacher Training Specials**

Hyp-Yoga teachers have the daily/weekly opportunity to touch peoples' lives in real ways. Hyp-Yoga teaches you tools to apply to yoga classes in order to lead your students through positive changes in their lives. Our Weight Loss Classes work and our students experience weight loss see real changes in their behaviors such as craving healthier foods, enjoying exercise more, being more conscious of how they eat and how they take care of themselves, and more! Hyp-Yoga training is suggested for people who are already teaching yoga, but two of our trainings now will have Yoga Basics Trainings attached to them for people who have never taught yoga before. (This training comes with Pre-Homework and a DVD Training Program to prepare you for the day of.)

**As a Summer Special** - We are extending the Early Bird Registration Rates until one week before each training.

**And as an Added Bonus** - the next 2 people to register with payment for any of the three August trainings will receive a Free Hyp-Yoga Gift Pack worth over \$100! (Gift Pack will include Hyp-Yoga Merchandise - which can be used for resale.)

**[Register today for these Trainings at www.hyp-yoga.com](http://www.hyp-yoga.com)**

August 1-2, Naples, Florida, Bija Yoga *with* optional Yoga Only Basics Training, July 31 (Basics is limited to only 2 more people - register ASAP!)

August 15-16, Omaha, NE, Hyp-Yoga Gretna Studio *with* optional Yoga Only Basics Training Aug. 13-14

August 29-30, Milwaukee, WI, HaleyBird Studios in Wauwatosa, WI

## Hyp-Yoga Parties!!!

You are invited to be a Hyp-Yoga Party Host! Now you don't need to be a Hyp-Yoga Instructor to be involved in Hyp-Yoga. Hosting a party is easy and fun, and on top of everything - you will get FREE GIFTS. Just for hosting a party you will receive one free DVD class and once your guests arrive, mingle, experience a class together, you can get even more free gifts when they purchase Hyp-Yoga DVDs, audio classes and other Hyp-Yoga tools for better living. To host a Hyp-Yoga party, just fill out the form online at <http://www.hyp-yoga.com/hostaparty.html>

This is even more exciting! You can now make Hyp-Yoga your own business by becoming a Hyp-Yoga Wellness Specialist and selling Hyp-Yoga products and classes at Hyp-Yoga Parties of your own. Again, you do NOT need to be a Hyp-Yoga Instructor. You will receive FREE training on how to get started after registering online at: <http://parties.hyp-yoga.com/>

All Hyp-Yoga Specialists Starter Packages will be mailed out starting in August, so register today if you are serious about loving what you do and have a passion for helping other people achieve their goals and dreams. This is an opportunity like no other to be on the GROUND FLOOR of this dynamic company.

## Hyp-Yoga in the Press

Hyp-Yoga will be in SELF Magazine in the August 2009 issue. Look for it in stores very soon. SELF magazine has over 6 million readers, and we are very excited for some many new people to be introduced to what Hyp-Yoga can offer. Thanks for everyone's help - its our Hyp-Yoga family and customers that make Hyp-Yoga at all newsworthy. :)

## Present Living in the Summer Months

What better time to feel truly alive than summer? Just taking a walk outside you can quickly feel the pulse of the earth. From the sun on your skin to the smell of fresh cut grass, there is so much to take in and so much to appreciate and be grateful for. Our Hyp-Yoga program plays off the wonderful energy of summer with our new 2009 Summer Program – Hyp-Yoga's Living in the Present Moment.

In Hyp-Yoga Live Classes we are focusing on:

- Letting go of the past
- Doing your work without worry of the future result
- Appreciating each moment of your life
- Living more simply
- Developing a sense of ease in life
- Experiencing more gratitude
- Being more intentional in your actions towards yourself, others and the earth
- Feeling lighter and more joyful in your work
- Living your life to the fullest

One of the exercises we do in class, that anyone can do at home, is creating a Gratitude Journal. Please join us in experiencing just a little more joy and contentment in your life...

### **The Gratitude Journal**

It has been proven that the practice of gratitude can change your life. Studies have shown that writing down just 3 things that you are thankful for daily can increase your happiness quotient significantly. Gratitude makes you see life in a whole new light. It opens you up to the abundant life. There is an ancient spiritual law that the more you are grateful for the things you have, the more you will receive.

Select a journal and start your own Gratitude Journal. Each day, faithfully write down at least 3 things that you are grateful for. As you begin writing, you will be amazed at the abundance of blessings in your life. Meditate on or say a prayer of thanksgiving for the things that you have, and you will slowly see yourself changing to a more satisfied and fulfilled individual.

Gratitude is very important to living successfully in the here and now...in this present moment. Gratitude brings health to your mind and to your body. Cultivate the habit of writing in your daily gratitude journal. This one act can make an enormous difference in your life. Do you have enough to eat? A home to live in? Friends, family, good health? Look for the small things that make your life abundant. When we start teaching ourselves to be grateful for even the smallest moments in our life, we become more appreciative of our life as a whole.

We hope enjoy your summer and can join us, even in a small way, on the journey of Living in the Present Moment!

Kindest Regards,

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