

May 2010 Newsletter



Our Sister Store, Live In Spirit, LLC is now open in St. Clair. This month they will start Yoga and Tai Chi Classes, have classes on Smudging as well as 72 Hour Emergency Kits.

Live In Spirit also highlights, Massage, Ion Foot Cleanses, Ear Candling and Energy Work. We are here to help you balance your mind, body and spirit.

In the retail section of the store, we feature, Set In Stone, hand-painted stones, Restore My Soul nature photos and notecards, essential oils, books, scrapbooking supplies, sage sticks and loose sage, incense, Crystal Connection jewelry and much more!

Our Therapy center is open all week for appointments. Our Store is open Thursdays, Fridays and Saturdays from 10a-6p. Please call 636-629-7776 to make your appointment or visit us today!

The independent advertisements in this newsletter are not endorsed or affiliated with Root Digger Nation Herb Co.

Yoga and Tai Chi Recreational Classes

Tai Chi Recreational Classes will begin in St. Clair, this month!

The classes are 30 minutes long and will begin the week of May 24. The classes will be held on Mondays and Thursdays from 8:30am-9:00am. This is a beginners class so don't be afraid to try it. Tai Chi is basically no impact and is great for stress relief and overall health. Great for anyone!

Yoga Recreational Classes will be in St. Clair this month also!

The classes will be 45 minutes long and will begin the week of May 31. The classes will be held on Tuesdays and Fridays from 8:30am-9:00am. This is also a beginners class for people new to Yoga or those who are still starting out. Modified poses will be highlighted for those that cannot perform the traditional poses. Great for anyone!

These are open classes. You can purchase a package at a discounted rate or pay as you go.



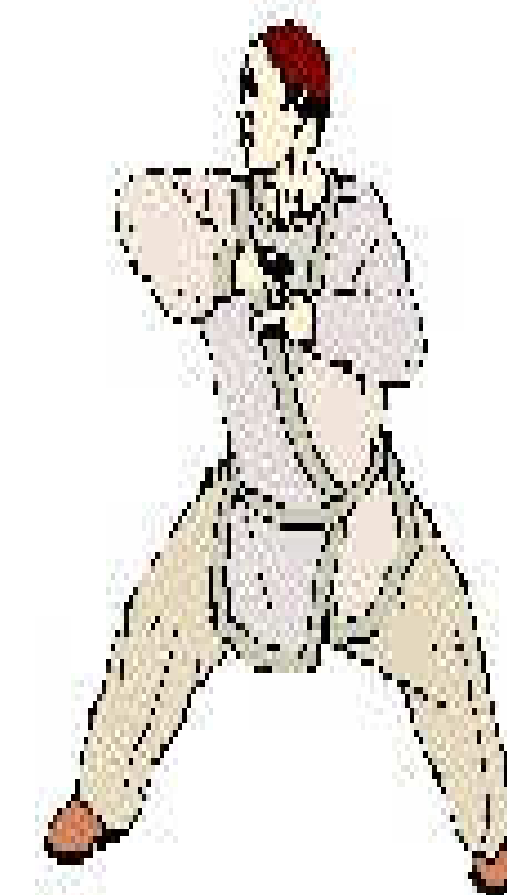
Package Rates

6-classes=\$36

12-classes=\$60

Pay Per Class

Per Class rate=\$7



Call 636-629-7776 or visit our Live In Spirit store to sign up today!