



Happy Holidays from Namaste Studio!

December 20, 2014

Dear Julie,

Seasons greetings Namaste Family! Here is your, long-awaited-for, very first newsletter. Feel free to take a special moment and read this info loaded, message with a cup of tea and savor it as you will not want to miss a word of what we have to offer in 2015!

We are kicking off our first newsletter today, on New Year's Eve, to support you to step into your true nature of 2015 with the energy of Namaste, "The peace, light, joy and wisdom inside of me recognizes and honors the peace, light, joy, and wisdom inside of you. In this way, together, we are one."

Just ten days ago, we entered into the winter solstice which was the darkest day of the year. Every day since has become lighter. As we are all one, therefore, we are all becoming lighter through our inner reflections of 2014. Together as a community, let us embrace the darkness knowing this past year, everything that took place, happened for a reason; for purpose, whether it felt like a prickly pear or a warm fuzzy. This reflection also reminds us of the true energetic yes and no that is associated with each big happening. We take the wisdom of these feelings and release it into the universe. In this way, 2015 will be aligned with the wisdom of our gratitude and infused with purpose for the new year!

Thank you for your love and support through this first year! Namaste Studio was blessed on November 13, 2013, by our wonderful Human Universal Energy Practitioners, and we opened our doors to the public with our class offerings just one year ago on December 13, 2013. We are so grateful for all the love and support we have received this past year and truly appreciate those who shared their personal practice with us!

Over the past year, I reflect on all the different activities we have had here at Namaste. Some of you have become very disciplined and therefore toned with your personal training sessions and/or weekly classes while doing Pilates infused **TRX Suspension Training with Julie Kremer** of cardio, core & total body strength training. Some of you have yolked your **Integral Hatha Yoga** practices with Julie; deepening your mind & body connection with awareness of your true nature. Many of you have opened your chakras and learned how to use your **Human Universal Energy** with Julie tool belt and are experiencing an even deeper partnership with the health and awareness of your body and relationship to life in a way you may have not known was possible. Some have expanded your mind with **Rance Poole in drawing & painting**, others with **Joshua Kirk's improve** of uncanny comedy & revealing instruction. Some have celebrated your beautiful body temple with **Marcelo Mansour; Argentinean vibrational sound healer**. Some of you have even experienced our unique **photography system of ProShutterFX** that allows you the most authentic real-time-viewing photography experience available. Some of you have hosted **your own workshops** and **celebrated with your birthday parties here**. I can not express what an honor it has been to be of service to my community and loved ones in this way and I send a heartfelt thank you to all of you!

For the holiday season I would love to share the gift of health and fitness with my friends, family, and community. I am **discounting my 8 session pass** from \$104.00 to

Quick Links

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\$80.00 (savings of \$24). Most gift cards require that you pay in advance; with this gift card, you only pay once they've taken their first class at Namaste Studio. In this way, I hope you feel very confident in purchasing a gift of this type as I know we are all looking for gifts to give that will really be used and appreciated. Grateful for your trust, I look forward to working with your loved ones!



New yoga class in January! I am now offering an Integral Hatha Yoga class on the **first and third Saturday from 9-10:30am**. Please visit, NamesteStudioDenver.com, and click on classes to view all of our class offerings. Please be sure to **sign up the day before to ensure your spot in the class.**

[Click Here For Class Offerings](#)

Energizing your Soul

A Sacred Retreat in Mystical Peru

*** Divine Adventure * Universal Energy * Yoga ***

"Why" Work of purpose * Incan Wisdom of past * Meditation *

YOU are personally invited to re-energize your soul and shift to a higher frequency in the sacred, mystical land of Peru- July 21st - August 2, 2015! Our very own Julie Kremer- Universal Energy Life Coach and Integral Hatha Yoga Instructor, will be partnering with Jorge Luis Delgado, Peruvian mystic, teacher, and author, to lead a spiritual enlightenment journey to the sacred grounds of Peru.

"When you Energy vibrates at a frequency that is in direct alignment with what the Universe has been attempting to deliver you entire life, you begin to live in the flow and true miracles start to happen." -Panache Desai

If you've always wanted to journey to Peru or if the idea of going is pulling on your heart strings for the very first time, you know who you are. If you are inwardly called to partake on this experience, no matter your age, physical limitation, say YES! Your miracle journey starts at the moment you inwardly say, "Yes!"

Come, join us in July 2015 and BE the Tao - the way of love in action - and manifest the life you are here to live!! Hold your space and pay the deposite of \$500 by January 15th and receive the **early bird discount of \$500.00 off** the total price!



[Click Here To Go To Website Directly And View The Description In Detail](#)

Upcoming Workshops

Human Universal Energy Workshop

Come and re-energize the healer within. Through daily spiritual meditative practices, our chakras open allowing a conduit of Universal Energy to enter & reveal our soul's mission & life purpose. We awaken an unlimited capacity to achieve our deepest desires through a healthy, balanced, & able body. If the body received the sufficient energy that can flow freely throughout the body without any blockade, it has a better chance of maintaining this state of well being and we become "the light of joy" radiating from our hearts to every living thing!

Basic Level: Saturday, January 24th 3pm-8:00pm, Sunday 25th 4:30-7:30pm

Preregister on or before January 21st \$152, \$160 at the door.

*Please note in the latter portion of this newsletter the times that are listed in the calendar of www.NamasteStudioDenver.com for community Human Universal Energy Meditation and Free Healing.

Celebrate Your Beautiful Body

Celebrate with Julie Kremer and Marcelo Mansour, Argentinean vibrational sound healer & Tai Chi Master, your beautiful body temple by expressing self love through prayer, meditation, and movement: then complete the process with the deep relaxation of yoga nidra.

Saturday, January 31 from 6:30-9pm. Tickets: \$25 Preregister, \$30 at the door.

Learn to Draw Like a Pro



Artist and Instructor Rance Poole, one of Colorado's best kept secrets is opening his doors to you; with in-depth class study in drawing!

Learn over an 8 week period how to draw what you see, and understand how

creative drawings use "line of action." Develop the use of perspective, learn the proper techniques behind size, shape, and proportion.

This exciting 8 session workshop will be on Saturdays, and starts January 10th through February 28th from 11:00am-1:30pm. The cost for enrollment of this 8 week program is \$120. Enroll by December 31st and get early bird discount for enrollment of \$105 (that's one class free!)

Namaste Studio Updates

Class and Studio Updates

Classes- Namaste Studio will not be holding any regularly scheduled classes on the night of the 31st, and all day January 1st. View www.NamasteStudioDenver.com for more clarity. **Please sign up on the site the day before to ensure your slot.** Many of you are on reoccurring enrollment on the site which makes your slot worry free. If ever you can't make it, you can always cancel within two hours of class at no cost to you. Also, classes/ seminars are subject to cancellation due to the rare case of an emergency. If you are enrolled/ signed-up for the class/ seminar and it is canceled do to an emergency such as inclement weather, you will be sent an email regarding the cancellation so you don't come to a dark, empty, & locked studio.

New Year's Eve- Come reflect on the previous year and welcome in 2015 with a powerfully peaceful celebration through meditation at Namaste Studio. This is the time where we celebrate the **Solar calendar** or yang energy of our year. In the Asian tradition, it is very symbolic of what is to come of your new year through the intention of who and how you choose to bring in the new year. We also take time for meditation to listen for the wisdom of the year past, blessing that wisdom, and releasing. This time prepare our inner ear and hearts for the spiritual message of the new year with aspect to the sun's radiantly hot, fiery, expansive outward and active energy. You are invited to welcome in the lunar new year with the healing sound of the singing bowls at midnight followed with the circular OM chant (OM is the yogic vibration that is believed to be the same vibration that created the universe), and yoga nidra relaxation concluding with the playful sound of the flute. Doors will open at 11:30pm. Meditation will begin at 11:55pm - 12:13am. We will then toast in the new year with warm spiced mulling apple cider and **light of joy!**

Chinese New Year's Eve- Wednesday, February 18th is Chinese New Year's Eve. We refer to the Chinese calendar as the **Lunar calendar** that is based off the moon's rotation symbolizing the yin energy to the sun's yang. It also has a specific energy and

dynamic to offer our days of feminine, inward, soothing, compassion, calming, cooling, slowing. By taking time to tune into our inner ear, this is how we may yolk the energy of the year together, the solar & lunar, the yang & yin. In the word hatha of our yoga, "ha" means sun and "tha" means moon. Join us and take time to listen, to hear, to yolk these two individual calendar new year's messages and what they mean for you and your year and for your life.

We will be holding the **same schedule of meditation as was stated above for the solar calendar celebration** for receiving our personal message as we move out of the lunar year of the horse and into the lunar year of the sheep.

Improv Classes- During 2014 some of you experienced a personal multidimensional expansion, here at Namaste, through the learned technique of Denver's own improve/acting guru, Joshua Kirk. We got great feedback from these classes and high demand for future classes so stay tuned for more of his improv and accents classes in the first quarter of 2015. Dates to commence.

Human Universal Energy Meditation weekly times- Some of you have discovered that meditation is powerful in numbers and have strengthened your weekly meditation practice by coming together at certain times, depending on the availability of your schedules, to meditate together. This is also a time for review of your practice so feel free to come, ask your questions, and meditate. Feel free to bring a friend during these times as well as they may receive free healing. Please only invite others if they are sincerely interested. Dragging in loved ones because YOU think it would be good for them will not be tolerated. We must keep our ego's in place and learn to discern those who wish to learn with earnest, humble and open hearts. Updated times are always listed on the website's calendar with the class listings. Tuesday 11:15-12pm, Wednesday: 5:30-6:15pm, and the 1st & 3rd Saturdays:10:45-11:30am.

ProShutterFX- During the month of January, we are booking 30 min portrait shootings for individuals, couples, & Family photos (don't forget to bring your pets ;) The photo sessions are usually \$175, but during the month of January we are giving a huge promo discount so the photo sessions will be \$76 and all rights are released so you can use your photos for all of your personal an business needs!! Slots are already filling up fast so book soon for your most unique photo experience!



ProShutterFX
THE EVENT WITHIN THE EVENT!
701 GARRISON STREET
LAKWOOD, CO. 80215
303.963.6486

WELCOME TO THE EVENT WITHIN THE EVENT!
PROSHUTTERFX IS THE PHOTO STUDIO THAT GIVES YOU THE POWER OF CHOICE. TRADITIONAL BACKGROUNDS OR THE POWER OF GREENSCREEN ALLOWS YOU TO BE WHEREVER YOU LIKE AND POSING THE WAY YOU'D LIKE WITH LIVE VIEWING. INSTANT GRATIFICATION WITH INSTANT RESULTS!
GREAT FOR PARTY FAVORS, MARKETING CAMPAIGNS, EMAIL LEAD GENERATION, AND MUCH MORE.
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303.963.6486

IT'S NOT WHAT IS AT THE EVENT THAT MATTERS IT'S WHO'S IN THE PICTURE THAT COUNTS!

Word of Mouth

Like us on social media

Namaste is proud to be a studio that is "off the beaten path." That

means that we are not located inside a strip mall, shopping center. We are what Colorado is known for having: discovery zones that are either stumbled upon out of inner guidance, or discovered through the knowledge of a loved one who shares a golden nugget with their loved one that has the sincere interest and desire in finding a center that will empower them through mind, body & spirit. As we develop our discipline practice, our loved ones will see the difference in us, that is for sure. Help them to hear what you are up to. Feel free to like us on Facebook, LinkedIn, Twitter, etc. Our Facebook page is: Namaste Studio Denver. Beginning in 2015, for each referral that takes any event at Namaste Studio, you will receive 1 free yoga or TRX class. Even if the person discovered about us through 2+ people and they cannot remember the first person, you will each receive 1 free class. This is our way of thanking you for your word of mouth referrals!

During this holiday time, together our team of teachers celebrate your achievements this past year and commitment to self love affirming that we cannot help anyone else without first and foremost loving ourselves! Each of you in some way, have indeed taken time this year to love yourselves and we celebrate you!

Whether or not you are able to join us on New Year's Eve, we wish you a safe, joyful, and peaceful celebration! Many Blessings in the coming year ahead.

We at Namaste Studio look forward to continuing to support you in your inner journey in 2015!

Love,

Julie Kremer, Rance Poole, Joshua Kirk, and Marcelo Mansour

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