

LAMPSTAND YOGA

FALL QUARTERLY NEWS

A new season of movement, community & connection



YOUR SEPTEMBER
in motion

SEPTEMBER 1 – SEPTEMBER 30

Move your body. Bring your people.
Keep showing up *for you.*

For the month of September, ALL classes will have a fun point system to celebrate consistency, community, and stepping outside your comfort zone.

No pressure to be perfect. No stress. Just come when you can, collect points, and let's make showing up for yourself feel even more rewarding.

EVERY 10 POINTS = 1 ENTRY INTO THE RAFFLE BASKET / GIVEAWAY

giveaway winner will receive:

- 5 FREE CLASSES TO LAMPSTAND YOGA
- 2 WEIGHTS
- FACEMASKS & LOTION
- LAMPSTAND YOGA SHIRT
- ELECTROLYTE PACKETS
- 2.8OZ HOMEMADE CANDLES FROM CUTE AS A BUTTON CANDLE CO

HOW TO EARN POINTS:

- 2 POINTS**
Take any class at Lampstand Yoga!
- 2 POINTS**
Take a class you've never taken at Lampstand!
- 3 POINTS**
Bring a friend to the studio / complete the workout with a buddy!
- 3 POINTS**
Leave a review on Lampstand Yoga!

ATTENDING YOUR FIRST CLASS FOR THE MONTH OF SEPTEMBER IS A FREE ENTRY!

EVERYONE STARTS WITH ONE FREE ENTRY!

SHOW UP. BE PRESENT. EARN POINTS. WIN BIG. ♡

Dear Lampstand Students,

Fall is almost here, and we are so excited for this new season at Lampstand Yoga! Our team is ready to serve you with a full schedule designed to offer **something for every body** - from new somatic movement and upbeat flows to slower practices, heated and non-heated classes, dance, chair yoga, Pilates, prenatal offerings, and more.

We are grateful for this community and cannot wait to move, grow, connect, and serve Worcester together this fall.

NEW THIS FALL



218 Shrewsbury St
Worcester

Find Balance. *Find Yourself.*



Join Our Yoga Classes
for a Healthier Body, a
Calmer Mind, and a
Happier You

\$99
monthly
unlimited
starting
now!!

Sign up at
www.lampstandyoga.com
or on Momen App



WELCOME
ALL LEVELS



EXPERIENCED
INSTRUCTOR



PEACEFUL
ENVIRONMENT



\$99 Unlimited Membership

Our new **\$99 Unlimited Membership** gives you unlimited classes with a **four-month commitment**. Explore yoga, Pilates, strength, movement, and more while building a consistent practice that works for you.

Class Sign-Up Reminder

Classes with low enrollment may be cancelled 1.5 hours before the scheduled class start time.

You can help us keep your favorite classes on the schedule by signing up early! Early registration helps our instructors plan and gives us the best opportunity to keep classes running.

Thank you for supporting our instructors and helping us keep the Lampstand schedule strong!

Manduka® Mats Are Coming to the Studio

We will also begin offering Manduka® yoga mats for sale. A quality mat can be a long-term tool for your practice and makes a wonderful Christmas gift.



218 Shrewsbury St



5 AM PILATES IS BACK
WITH CHESNEY O'NEILL

TUESDAY & THURSDAY PILATES 'N PRAISE

REGISTER:

WWW.LAMPSTANDYOGA.COM

OR ON THE MOMENCE APP

SEPTEMBER IN MOTION



PREPARE YOUR MAT...

Bring a friend and when they join with a 5 class pack or unlimited membership you will be entered into a drawing for a brand new Manduka© mat!

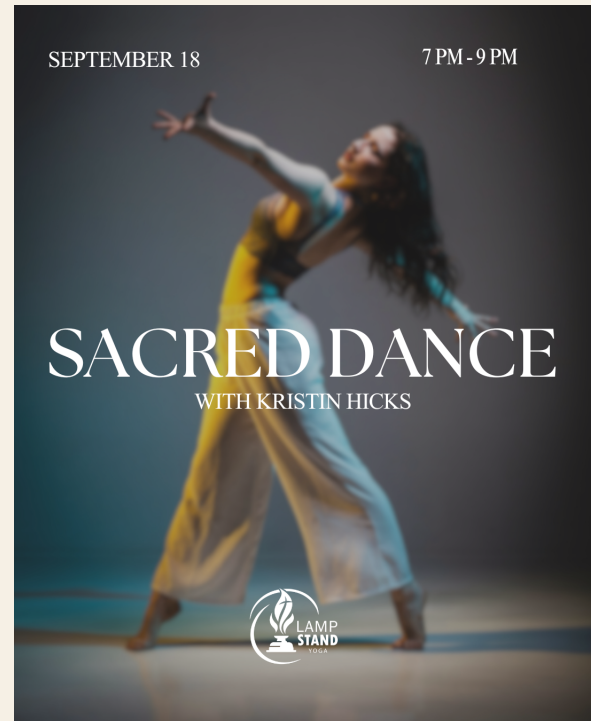
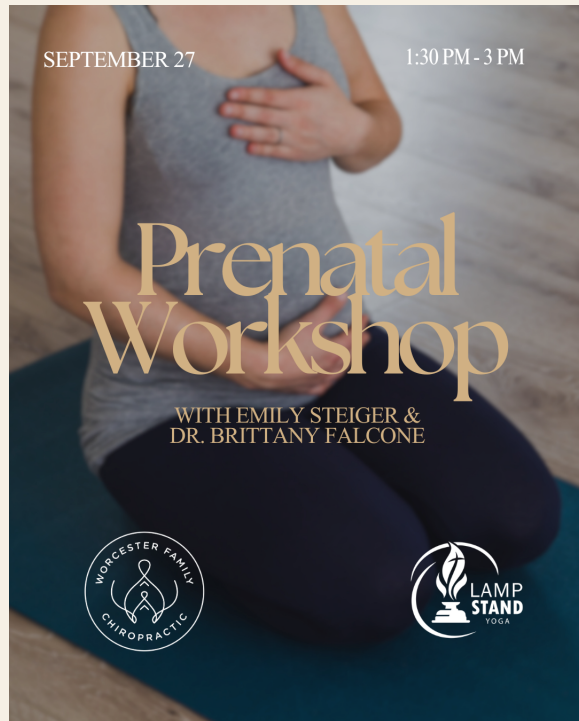
Every friend you bring gives you a ticket to win. Drawing will be November 22nd!

Show up. Be present. Earn points. Win big.

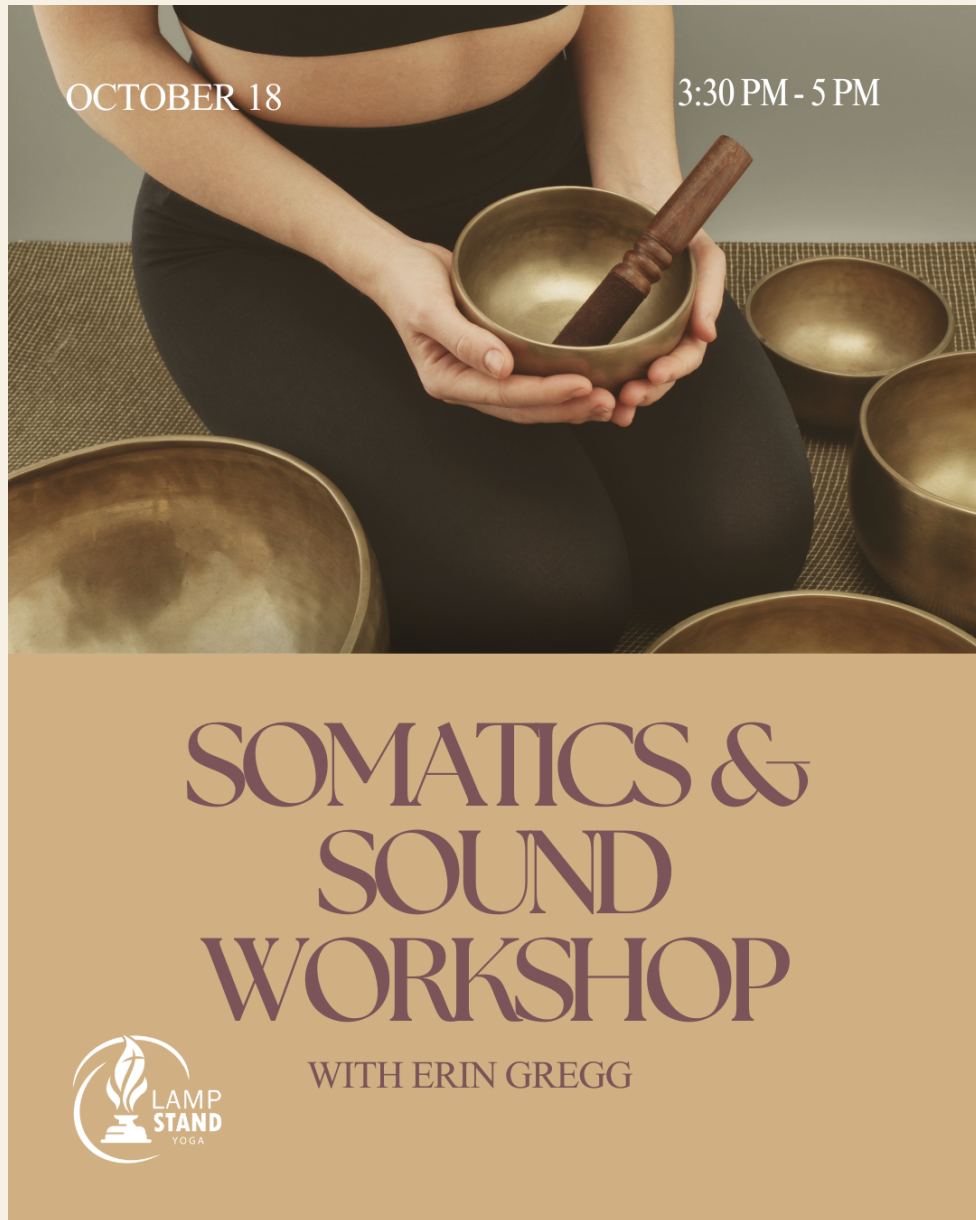
September is about consistency, community, and trying something new. Join our in-studio challenge for a chance to earn entries into an amazing giveaway basket. Plus, when you bring a friend who purchases a 5-Class Pack or Unlimited Membership, **you will be entered into our November drawing for a new Manduka© mat.**

SEPTEMBER SPECIAL EVENTS

Save the dates for these special experiences at Lampstand Yoga.



COMING IN OCTOBER



OCTOBER 18

3:30 PM - 5 PM

SOMATICS & SOUND WORKSHOP



WITH ERIN GREGG

Somatics & Sound Workshop

Continue into fall with a restorative opportunity to slow down, reconnect with your body, and experience somatic movement paired with sound. Watch the studio schedule for registration details and additional fall offerings.

LOVE WORCESTER

Community is at the heart of Lampstand Yoga.



218 Shrewsbury St

Lampstand Yoga

Community Involvement

1-Woo Fridge

2-Warm Up Worcester

****Help us keep the 01604 Fridge filled by coming to our donation only class Wednesday Nights at 6:30**

****We are collecting warm good used apparel and coats beginning September 1st! Help us keep Worcester warm**



<https://www.woofridge.org/>

Love Worcester



Woo Fridge

Our **Wednesday night 6:30 PM class is donation-only**, with donations helping us purchase food to stock a Woo Fridge in our Worcester community.

Warm Up Worcester

Beginning September 1, we are collecting **new or gently used coats and warm clothing** for neighbors in need. Bring your donations to Lampstand Yoga and help us keep Worcester warm this season.

WARM UP WORCESTER



Thank you for continuing to support Lampstand Yoga, our instructors, and our mission to create a space where people can move, connect, grow, and belong.

With gratitude and blessings,
Tina & the Lampstand Yoga Team

www.lampstandyoga.com