

DE - CLUTTER

August theme: De-clutter

Thank you, high fives, and smooches to all **yogamn** and Blooma staffers and students who work so hard to keep our space tidy and lovely!!



Tidy Equipment + Tidy Shelves = Happy Studio

De-clutter your HOME!
Tidy things up and FEEL GOOD!



Note from Shelby:

Hello! My name is Shelby and I am the desk diva and marketing coordinator here at **yogamn..** BUT, that is not all that I do. I also own an interior design business. I work everyday with clients on how to better and/or simplify their homes. I cannot begin to tell you the transformation that I see in my clients when there is LESS! They become more joyful about their life <3 I often share with them this excerpt from the popular novel, "The Life-Changing Magic of Tidying Up."

"Keep only those things that speak to your heart. Then, take the plunge and discard all of the rest. By doing this, you can reset your life and embark on a new lifestyle."

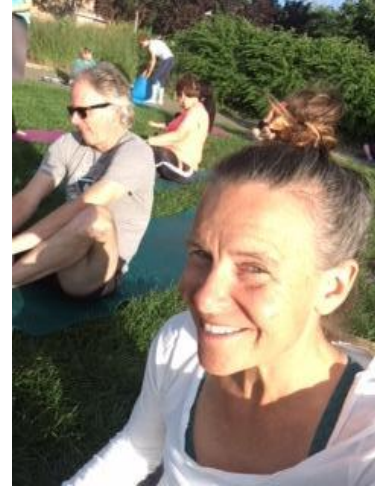
Buy the book and let it transform your idea of what it means to de-clutter and organize spaces that you work and live in day in and day out -

Xo,
Shelby Sorum

Outdoor Yoga
Friday, August 31st
5:30-6:30 pm
BYOFF (Bring Your Own Friend For Free!)
\$10 Happy Hour Rate! Or comp with ECP (Easy Class Pass)
Meet at the studio and we'll hike around back to our quiet little back yard.

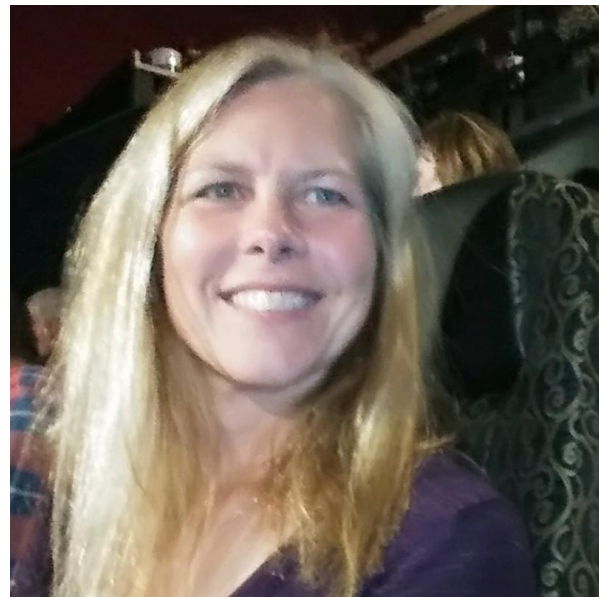
Yeah, it is Labor Day Weekend but, so what?!?!?

Come play with Sherry in the woods out back of the studio!



National LOVE Sherry Day!
Tuesday, September 28th is Sherry's last day at yogamn..

She is teaching 3 classes so come, come, come. Come to one or ALL. Come one and ALL!



Red Chair Chill Day
Monday 8/20

Come enjoy a beverage, before or after your class, out on our eco-friendly red chairs!



Hi Friends. How are you? De-clutter with intention and feel the bliss come alive in your home, body, mind, soul, and relationships.

Try ONE of these De-clutter things in August.

1. Clean out all the old condiments in your fridge. Wash and recycle the containers. Wipe down the shelves with warm, soapy water.
2. Attend a Wednesday 7 am Mindfulness at **yogamn**.
3. Clean out your entire car.
4. Schedule a pick-up from the DAV or ARC or drop stuff off at Goodwill, Bibles for Missions, or Salvation Army.
5. Clean out your closet and drawers and bring the bag to **yogamn**... we love your cast-offs!

Let us know and we will give you a FREE class to give your friend so they can declutter with you. How to redeem your free class: Email us and tell us what you did. We will put a credit in your notes and you can use it for anyone you want. You don't even have to be with them. But, they do need your name. Ha. I love you so and thank you for all of the love and support of **yogamn**. We can be a force of love and change in our very own community.

Here's to your -uncluttered body, mind, and soul.

Love,

Mareeee!!!





Before



After

"And the day came when the risk it took to remain tight in the bud
was more painful than the risk it took to blossom." -Anais Nin

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