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EARTH DAY

EARTH DAY WAS APRIL 2ND BUT LETS CELEBRATE EVERYDAY!



"Take care of the earth and connect to the earth in April"
Love, yogamn team



BUTTERFLY BUTTERS AND OILS



Saturday, April 6th

SKIN FOOD by Beth 'Our Lotion Lady'

Bring jars for refill this Saturday! 8:30-11:30am

[Click HERE](#) to check out their website

ALSO happening this Saturday.....

Mary is teaching Laughter Yoga at The Marsh on 4/6 @ 10am



Click [HERE](#) to check out the Marsh and sign up for Laughter Yoga



Room Temp Yoga FUNdraiser

Sunday, April 7th

Noon - 1pm

Room temp yoga FUNdraiser for dental student Claire Roesler to go to Guatemala to clean teeth. Claire will give us flossing lessons--Both kinds! And 2 of her famous aunts and a cousin will teach this SUPER FUN class!!



Taylor's Tips on Saving the Earth

1. One rechargeable battery saves 300-500 single use batteries!
2. Shoppers unknowingly spend a sixth or more of their food budget on packaging. Go low or no package!
3. A yard sprinkler can use more than 150 gallons of water an hour – 1,200 gallons overnight! Use a trigger nozzle or a watering can
4. Leaving a cellphone charger plugged in when not in use wastes 95% of its energy! Unplug when not in use
5. Leaving a desktop or office computer on overnight wastes 2,600kWh of energy a year, or produces 1.9 tons of co2 without getting any extra work done!

6. Recycling just one glass bottle saves enough energy to power a television for 90 minutes! Recycle, recycle, recycle!
7. We use 8% of the world's oil supply to produce plastic, including billions of plastic bags each year! Use reusable bags and keep them in your car!
8. Leaky air ducts can reduce your home's energy efficiency by around 10%! Considering getting your ducts checked or replaced by a professional
9. Nylon, one of the main fibers used in work out gear, releases greenhouse gases 300 time smore potent than carbon dioxide. Consider purchasing more natural fibers like cotton!
10. We throw away 80% of manufactured items within 6 months of buying them. Be resourceful to use what you have, borrow from friend, or make your own!

love, Taylor



YOGAMN'S VERY FIRST
Flea Market!

SATURDAY, APRIL 27TH

yogamn Flea Market
SAVE THE DATE!!!!
Saturday, April 27th

April 21st-26th begin bringing in 'stuff' from your house. 1 or 2 grocery bags max. A table will be set up in the vestibule. Please stick to appropriate healthy/beauty/small decor items. Examples include: shampoo, lotion, make up, sample perfume, candles, etc.

Bring in 1/2 bottles, 1/3 bottles, packets. The idea is to REPURPOSE and get rid of clutter!

Donations for BPWUC are necessary for drop off. Bring in as little or as much you can donate. PERK: we will discard old items for you when the flea market wraps up!

EXAMPLE: I, Shelby, will be bringing in 2 shampoo bottles that were bought from the salon. Great product, just not for my type of hair. Silly purchase by me and not returnable. I am so excited to put it in the hands of someone who it may be a good fit for! <3

Let us help you de-clutter AND save the earth!



Terracycle and Bamboo TP

For YOU to Save the Earth this month. We know....totally amateur pix, but we spending time and money on earth, cleaning, tidiness, happy-ness.... Use these handy boxes to recycle your odd things this month at yogamn.

Click [HERE](#) to learn about the Terracycle company



AND bamboo for your bottom!! Saving trees....(bamboo is sustainable and harvestable while the tree: stays alive & grows FAST!!)

and.....we just learned about a super cool LOCAL bamboo TP company: watch for HER company's bamboo for your BUM coming soon!

Click [HERE](#) to learn about Bio Bam Boo company.



Mary's List of Unusual things to do when you travel:

I love, love, love a good road trip!

Here's a few things I do to lessen the IMPACT...cuz it's BIG when we travel.

1. Avoid the hotel **small bottles** of complementary toiletries. BYO or don't wash your hair one day. Single-use plastic-ugh!
2. If the trash cans are lined with **plastic bags**—use **ONLY** one of the cans, or better yet, toss your garbage in the comp breakfast room.
3. Bring your own little kit of **re-usable dishes** to use for that comp breakfast.
4. Gently, happily rehearse this line, "**No straw please.**" And, then smile and say it again. Never get mad when they bring it anyhow. We will turn this ship!!
5. Hold up your jar & smile to the Flight attendant, "**Would you be willing to fill my jar with water?**" (most of the time, they will!!!) Don't give up.
6. Use your tape-y airport luggage tags to tape packages to your friends in **re-used Amazon bubble envelopes.**
7. **Recycle** the Amazon bubble wrap at the grocery store plastic bag bins.
8. Wipe your hands on your pants. **WHOP!**
9. **Pick up trash** and then wash and WHOP. I find \$20's often!!
10. Ask for No Lid or Sleeve if you forgot your jar when you order your **cardamom, turmeric, coconut milk latte.** Or, if they can't/won't/don't use yours.

I love you,

Don't feel guilty. DO smile and DO your best. I will too.



Road trip with my FAVE man
Love,

Mareece :❤️❤️



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