

# To The Sun Moon Yoga Family – A Deep Bow!



## Dear Sun Moon Yoga Community:

I love you ALL so, so, so much!

So first off — I am not sick, not broke, not failing at my business. I am experiencing a painful business decision — saying goodbye to my studio of 19 years. I do not own the building — rents keep increasing; eventually our time there as a yoga community would end. As a sole proprietor I want to close on my own terms, on a high note, not due to illness or poor decisions. In yoga study I always emphasize — plan, and leave time for, a lovely closure. And that is what I plan to do!

### 2018

I am changing my teacher training to a Yoga Study, have top presenters coming from Minneapolis; the awesome Sun Moon Teacher's classes will be rocking (see Summer Schedule), and we will serve all ages, all sizes and all levels of experience all the way through 2018.

### 2019

I love change! I'm not done. I am looking for new studio space; and having discussions about forming a non-profit. Please stay in touch. (Facebook • Instagram • monayogini.com). Friendships and relationships with students are the most precious part of teaching for me.

**YOUR energy is what transformed a downtown Mankato building into sacred space.** I am honored to have grounded the energy, and been present for the love, trust, friendship, commitment, hopefulness, spirit, gentleness, kindness, gratitude, caring, generosity, compassion, peace, calm, inspiration, sweetness that ensued. Let's share the yoga love more than ever before as we are reminded of the impermanence of all things.

*Love Mona*



If you feel the quality Sun Moon Yoga brought to the community was valuable, I urge you to help set in place something enduring that Mankato, and the entire region, can be proud of. **Join me in creating the Sun Moon Yoga Foundation.**



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