

WESTPARK YOGA & Movement

January 2024

Community Letter

Dear Cherished WYM Community member!

As we step into the new year, we want to take a moment to reflect on the journey we've shared and look forward to the exciting possibilities that lie ahead. Your presence and dedication have made Westpark Yoga & Movement a vibrant and welcoming community, and we are grateful for each one of you. The beginning of this new year also marks the completion of our first full year in business. What a year of learning and growth it has been! We'd like to share a look back with you:

In 2023, we offered 2080 classes. That averages approximately 40 classes per week. This is a significant achievement for a small boutique studio. We offered A LOT of different classes! We tried some new class styles throughout the year but also kept our core of Yin, Aerial Yoga, Flow (power, slow, heated), Meditation, Zumba. We got serious about our kid's aerial yoga in the fall and now offer 4 classes per week. We launched our Yoga For... Workshop series which aims to provide affordable workshops which target problem areas and shows ways in which yoga can play a role in addressing.

From expanding our class offerings to reaching a strong number of members, your enthusiasm and commitment have been the driving force behind our success. Thank you for helping us in this first year to make WYM a thriving hub for wellness and connection.

Get ready for an invigorating year ahead! We're thrilled to continue to build on the success of the first year. We continue to be committed to offering a large number of diverse classes so our members never get bored. Our Lead Instructor, Liz Wilson, will be teaching a 200 hour Yoga Teacher Training program in March. Additionally, we will expand our Yoga For... Workshops. Keep an eye out for announcements on this.

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Your feedback has been invaluable, and we've taken meaningful steps to enhance your experience. From studio improvements to class schedule adjustments, we're dedicated to creating an environment that aligns with your needs and preferences.

Our instructors are the heart of the studio. We have a core of 20 instructors who expertly deliver nearly 40 classes per week. The majority of the instructors have been with us since we opened our doors, but we have been grateful to add in new instructors over the past year who bring excellence to the studio. Their commitment aligns with our vision of providing exceptional yoga experiences for all.

As we set our sights on 2024, our vision is clear. We aim to continue growing together, fostering an inclusive space for wellness, connection, and personal growth. Stay tuned for exciting events, special workshops, and promotions that will add a new dimension to your yoga journey.

Thank you for being an integral part of this beloved studio. Your presence, dedication, and positive energy make our community vibrant and unique. As we embark on this new chapter, let's continue to support, inspire, and uplift each other.

With Gratitude

Kathy Sparaco
Jack Wheeler
Nicole Sparaco
Brittany Lindsay
Liz Wilson