

HarumiYoga+ Holistic Healing House -- Open House with Free Yoga Sunday Sept. 29th

Written by Australian Business

SCOTTSDALE, AZ, September 20, 2013 /**24-7PressRelease**/ -- HarumiYoga+ Holistic Healing House -- Open House with Free Yoga Sunday Sept. 29th

HarumiYoga+ Holistic Healing House Open House with Free Yoga Sunday Sept. 29th North Scottsdale 2-5:30 PM

All are welcome to attend HarumiYoga+ Open House at 8787 E Pinnacle Peak Rd. in North Scottsdale. There will be a wide variety of free mini-classes, brief demos and short educational lectures. Light refreshments will be available and there will be raffles for free classes.

According to Harumi Maejima, owner and Director of HarumiYoga+, "The Open House is a great opportunity to meet the teachers and therapists and experience new healing modalities. We are excited to share them with our community".

Events will include: 2:00pm - 2:45pm Free Yoga class
2:45pm ~ 3:15pm Shiatsu demo/lecture
3:15pm ~ 3:30pm Phoenix Rising Yoga Therapy demo/lecture
3:30pm ~ 3:50pm Posture Clinic demo/lecture
3:50pm ~ 4:10pm Yoga Meets Dance demo
4:10pm ~ 4:30pm Women's Self Defense demo/lecture
4:30pm ~ 4:50pm Power of Venus Gong lecture
4:50pm ~ 5:20pm Reflexology demo/lecture

They will finish with a Peace Party 5:00pm ~ 7:30pm featuring Japanese Taiko Drumming and Kirtan by Daniel.

They will also be joined by Horny Toad Farm market, Little Mama Products (homemade soap), Hand made Wind Chimes, Absolutely Delightful Homemade Honey, and Beaded Accessories by Kay Orton

Harumi Yoga+ Holistic Healing House is located on the Southwest corner of Pima and Pinnacle Peak Road in North Scottsdale, AZ. The Studio offers various types of Yoga classes, therapies, wellness workshops and meditation. Harumi Yoga is a great place to develop new friendships and community with fun and entertaining events too, like dance. All will be a healthier choice, designed to improve mental and physical health.

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Harumi Yoga + is owned by Harumi Maejima, a 15 year plus Kripalu Elite 500-hour yoga teacher and certified Phoenix Rising Yoga Therapy Practitioner. The staff offers students nurturing support and education for a healthy, happy, spiritual and emotionally balanced life.

For more information and a schedule of the day's activities please see
<http://www.harumiyoga.com> or call 480-292-9493

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