

Namastoria News

A little magic from our world to yours.



OCTOBER 2026 • ISSUE 01

Hello, Quest Friends and families!

Welcome to our very first edition of Namastoria News—a place to share our adventures, discoveries, upcoming classes, and special studio happenings.

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The Adventure Calendar

Class schedules, special adventures, and important dates.

October 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21 Adventures 5 & 6:30 PM	22 Masters 5 PM Adventures 6:30	23	24 Adventures 1–2 PM
25	26	27	28 Adventures 5 & 6:30 PM	29 Masters 5 PM Adventures 6:30	30	31 SPECIAL CLASS 1–3 PM

October 31 • A Halloween Special Class • 1–3 PM

Six spaces, first to register. Fleece tie pillows, Halloween goodies, costumes welcome. Regular membership covers it.

Yoga Quest Adventures welcomes all Quest Friends, including Masters. Yoga Quest Masters is invitation-only. **Please register for every class.**

The Adventure Calendar

Class schedules, special adventures, and important dates.

November 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 Masters 5 PM Adventures 6:30	5 NO CLASSES	6	7 Adventures 1–2 PM
8	9	10	11 Adventures 5 PM Adventures 6:30	12 Masters 5 PM Adventures 6:30	13	14 Adventures 1–2 PM
15	16	17	18 Adventures 5 PM Adventures 6:30	19 Masters 5 PM Adventures 6:30	20	21 Adventures 1–2 PM
22	23	24	25 Masters 5 PM Adventures 6:30	26 NO CLASSES	27	28 Adventures 1–2 PM
29	30					

November 5 & 26: No Thursday classes (November 26 is Thanksgiving).

November 4 & 25: Masters at 5 PM; Adventures at 6:30 PM.

Yoga Quest Adventures welcomes all Quest Friends, including Masters. Yoga Quest Masters is invitation-only. **Please register for every class.**

The Quest Friend Dispatch

Important information for students.

Introducing Yoga Quest Masters! An Invitational Class

One of the things I love most about teaching in Namastoria is discovering how differently each Quest Friend experiences our adventures. Some are extraordinary world-builders, some bring endless silliness and imagination, and some become completely fascinated by the yoga itself!

As our classes have grown, I've noticed a group of Quest Friends who approach the yoga portion of our adventures with a particular kind of focus and curiosity. They follow the practice independently, stay engaged from beginning to end, and want to understand more about how poses work, why we practice them, and what their bodies are capable of doing.

Watching that curiosity develop inspired me to create **Yoga Quest Masters**, a new invitation-only class designed especially for these yogis.

In Yoga Quest Masters, we'll continue enjoying everything that makes Namastoria magical, while taking our yoga practice a little deeper. We'll explore alignment, breathwork, balance, strength, flexibility, and how our movements work together.

Our Masters will help shape what they learn! Their questions, interests, and discoveries will guide us as we explore new skills and deepen our understanding of yoga together.

Our newly recognized Yoga Quest Masters now have another way to experience Namastoria! Along with all their favorite Yoga Quest Adventures classes, they'll have a special Masters class where we can explore their growing interest in yoga together.

Invitations will be sent directly to parents, and new Masters will be recognized throughout the year. Each newly designated Yoga Quest Master will receive a personally signed certificate to keep in their Quest Folder!

Starting this week, Yoga Quest Masters replaces the Thursday 5 PM Yoga Quest Adventures class. Check the Adventure Calendar for upcoming classes.

I can't wait to see what we discover together! □

The Quest Friend Dispatch

Important information for students.

Our Growing Namastoria Lore Library

Have your Quest Friends shown you any of their Lore Cards yet? Each Yoga Story Quest has a Lore Card, so the discoveries we make in class can travel home, too.

Some Lore Cards preserve a piece of a Realm's story. Others help Quest Friends revisit a Yoga Pose, a breathing technique, or something they learned about their bodies. Together, they become a little Yogi Toolbox to return to whenever they wish.

Quest Friends organize their Lore Cards in their Quest Folders, building personal libraries of the Realms they have explored and everything they have discovered.

A Quest Pack for Every Adventurer

Each Quest Pack includes a drawstring bag, Quest Folder, Lore Card collecting sheets, and yoga socks—a home for the little pieces of Namastoria children bring back from their adventures.

TRICK-OR-TREAT TRAIL · NAMASTORIA

GOOD INTENTION SPELLS

LORE

On Wishwell Lane, witches practice good-intention magic. Their oldest teaching: a kind intention begins as a little light within, and grows when we practice it.

ENVISION THE QUEST

Find your light at your center. Choose a good intention. With each spell pose, imagine gathering bright, gentle energy to help it shine.

TRY IT AGAIN

Flow through your spell again. Hold your intention in your mind's eye. If it drifts, return to your light. Then bring your magic to life with a kind action.

REMEMBER: YOUR LIGHT BEGINS WITHIN.

An actual Lore Card from Trick-Or-Treat Trail

The Adventure Desk

Important information for parents.

More Adventures. More Magic. Same Membership Price!

There's even more to explore in Namastoria, and I'm so excited to share it with you!

Our \$76 monthly membership is now UNLIMITED!

I wanted to give our Quest Friends more opportunities to enjoy everything they love about Namastoria! Whether that means returning to a favorite Story Quest again and again, spending more time practicing yoga, creating more clay relics, or exploring every adventure a Realm has to offer, now they can!

And of course, there are the **Quest Pets!** Each Realm is home to 5–10 magical companions. Previously, Quest Friends could choose their favorite four to collect each month. Now, with unlimited classes, they have the opportunity to meet and collect **every Quest Pet in the Realm** if they'd like!

More yoga, more creativity, more adventures, and more magical memories to bring home!

The price hasn't changed—just the possibilities!

Our unlimited membership is still just \$76 per month, with no additional membership cost for all those extra adventures!

Classes still require advance registration and are subject to availability. Yoga Quest Masters remains invitation-only, and memberships continue to renew on each family's regular billing anniversary.

For Families With an Older Active Membership

If your family still has an active four-class or promotional membership, I'll be in touch individually to explain the transition and make sure you know what applies to your account.

The Adventure Desk

Important information for parents.

A Special Welcome Back to Paused Families

If your family has taken a break from Namastoria, I have some lovely news! Paused memberships on our older plans—including those that were not unlimited—have been converted into **paid class passes**. Any remaining paid classes are now available as passes in your account, ready whenever your Quest Friend would like to return.

There is no need to reactivate an old membership or restart monthly billing to use those classes. Simply sign in to your account, choose whichever available Yoga Quest Adventures classes work for your family, and register using your passes.

You're welcome to join (or resume) our new and improved unlimited memberships as soon as you're ready! The price has stayed at \$76 per month; we've simply added more opportunities to visit, practice yoga, make relics, and collect Quest Pets.

Whether it's been a few weeks or a few months, we'd love to see your Quest Friend step through the portal again.

A Little More Room for Every Quest Friend

Our regular classes now welcome a maximum of six children. That gives everyone more room to help build the Realm, move through yoga poses, create together, and contribute their own ideas.

A Halloween Special Class on October 31!

On Saturday, October 31, from **1–3 PM**, Quest Friends will make Halloween fleece tie pillows, enjoy Halloween goodies, and celebrate together. Costumes are welcome!

This special two-hour class replaces our traditional yoga adventure for the day. Only six spaces are available, first to register through the usual class sign-ups. Covered by your regular membership, with no additional cost.

The Workshop Workshop

Creative workshops and special experiences.

Hot Cocoa Snowmen Are Coming Back!

One of our favorite winter workshops is returning to Namastoria! Our Hot Cocoa Snowmen were such a hit last year, and I'm excited to bring them back for another season of cozy creativity and handmade holiday gifts.

I'll share dates and registration details as soon as everything is ready. In the meantime, here's a peek at the adorable snowmen one of our Quest Friends created last year!



A little peek at last year's Hot Cocoa Snowmen!

A Different Kind of Namastoria Adventure

Yoga Story Quests are a big part of what we do, but they aren't the only way to adventure here. Workshops offer special creative projects and seasonal experiences to enjoy together.

The Gathering Grounds

Free member events and celebrations.

More Reasons to Gather in Namastoria

One of the things I want Namastoria to be is a place where our Quest Friends feel they belong, not just somewhere they attend a class. That's why I'm making a permanent home in our newsletter for free member events—opportunities to come together, celebrate, and enjoy the studio community in a different way.

We don't have a new gathering date to announce in this issue, but this is where you'll always find those invitations when they're ready. I'm excited about the possibilities!

A place to belong. A world to explore.

Look for future member gatherings, celebrations, and special invitations right here in The Gathering Grounds.

Beyond the Portal

News from across the Realms.

This Month's Realm and Next Month's Realm

Namastoria is always there, and each month a new Realm opens its portal. Meet the Quest Pets waiting to join our adventures!

THIS MONTH'S REALM

Trick-Or-Treat Trail



Quest Pets of Trick-Or-Treat Trail

NEXT MONTH'S REALM

Goldgather Grove



Quest Pets of Goldgather Grove

A Little Note Before You Go

Thank you for sharing your Quest Friends with me and helping bring Namastoria to life. I cannot wait to see what we discover together next!

See you in Namastoria!