

## **Mailing List Copy**

1)

Dearest Yogis,



I hope this message finds you well! I'm excited to invite you to my Heart Chakra Focused Vinyasa Yoga Class, happening this Saturday, tomorrow, at 9:30-10:30 am at STUDIO NAME, ADDRESS.

### **Class Details:**

- Date: Saturday, September 2, 2023.
- Time: 9:30 am - 10:30 am
- Location: STUDIO NAME, ADDRESS
- Style: 60-Minute Heart Chakra Focused Vinyasa

### **Pricing Options:**

- Drop-In Class: \$25
- 4-Class Bundle: \$80 (20% discount applied)
- 8-Pack Class: \$160 (20% discount applied)

### **RSVP:**

To secure your spot, please RSVP via email at [tma.white0@gmail.com](mailto:tma.white0@gmail.com) or through Instagram by reaching out to [@tashawhite5](https://www.instagram.com/tashawhite5).

### **Yoga Mat:**

Don't forget to bring your own yoga mat for a comfortable practice. If you need a yoga mat or financial assistance, please let me know, and I will be happy to help.

### **Save the Date:**

If you can't make it this Saturday, we have another 60-minute Vinyasa class scheduled for next Saturday at 9:30-10:30 am. Make sure to rsvp!

### **Opt-Out:**

If you wish to stop receiving these emails, simply reply with "STOP."

I can't wait to share this transformative yoga experience with you and nurture your heart chakra. Join me for a morning of peace, serenity, and self-discovery.

Namaste,  
Tasha White  
[tashawhite.ca](http://tashawhite.ca)

2)

Good Morning Yogis!



I am excited to invite you to an energizing yoga experience this Saturday, designed to

nourish your body, mind, and soul.

**Details:**

Event 1: Vinyasa Yoga Class At STUDIO NAME

Location: STUDIO NAME, ADDRESS

Date: Saturday, November 4, 2023

Time: 9:30am-10:30am

Event 2: Vinyasa Yoga Class At STUDIO NAME

Location: STUDIO NAME, ADDRESS

Date: Saturday, November 4, 2023

Time: 12:30pm-1:30pm

Whether you're an experienced yogi or a newbie looking to explore the world of yoga, these classes are open to practitioners of all levels. I will guide you through this 60-minute Vinyasa class, helping you find your flow and connect with your inner self. Both of these classes will aim to increase your flexibility and strength, boost your mental clarity and focus, relieve stress and tension, and improve your overall wellbeing. Life is fast and busy and it can be beneficial to take some intentional reflection time. This is your life, live it!

**RSVP NOW:**

To ensure we can accommodate everyone, I kindly request that you RSVP in advance. You can secure your spot by visiting my website:

[tashawhite.ca](http://tashawhite.ca)

By reserving your spot, you'll also be eligible for a special promotion.

**Bring a Friend, Get Them a Free Class:**

I believe that yoga is even better when shared with friends! If you bring a friend with you to either of my Saturday classes, your friend can enjoy their first class for free. It's the perfect opportunity to introduce someone to the benefits of yoga.

For more details on class prices, membership options, and any additional information you may need, please visit my website, linked above. I've got everything you need, all in one convenient online location.

Don't miss out on this opportunity to relax your mind and connect with your body. I look forward to sharing this special Saturday with you.

Please feel free to reach out by responding to this email, or on my website.

See you on the mat,

Namaste,

Tasha White

RYT 200

[tashawhite.ca](http://tashawhite.ca)

**3)**

Happy Monday Yogis!



I hope your week has set off with enthusiasm and positivity! I have an exciting opportunity to enhance your weekend, as well as your well-being. Join me for a rejuvenating Vinyasa Yoga class at STUDIO NAME this Saturday morning, where you can find your inner balance and tranquility.

**Class Details:**

- Date: Saturday, November 11, 2023
- Time: 9:30 AM - 10:30 AM
- Location: STUDIO NAME, ADDRESS

This Saturday Vinyasa Yoga class is designed to help you turn inward, fostering mindfulness and meditation. It encourages you to connect with your inner self, enhance your flexibility, and build strength while achieving a sense of serenity. Whether you're a seasoned yogi or a beginner, this class is open to all levels!

**RSVP Today:**

To ensure a spot in this invigorating session, RSVP is essential. You can secure your place by clicking the link below:

[tashawhite.ca](https://tashawhite.ca)

or simply reply to this email with your confirmation. Please RSVP to guarantee your spot as space is limited.

Don't miss out on this fantastic opportunity to rejuvenate your body and mind! I can't wait to see you on the mat.

Namaste,

Tasha White  
RYT 200  
[tashawhite.ca](https://tashawhite.ca)

P.S. Remember, space is limited, so secure your spot today and bring a friend along to share the positive energy! :) Check out promos for bringing a pal on my website!

**4)**

Hey Yogis!



I hope this email finds you vibing high and ready for some soul-nourishing yoga! I am happy to invite you to a special 60-minute class this Saturday, at STUDIO NAME. We're diving deep into the sacral chakra and the solar plexus chakra, unlocking creativity, emotions, and self-confidence. Get ready for a journey within that'll leave you feeling empowered and in sync with your awesome self!

**CLASS DETAILS:**

Date: Saturday, November 18, 2023

Time: 9:30 AM - 10:30 AM

Location: STUDIO NAME, ADDRESS.

Space is limited so please RSVP at your earliest convenience to secure your spot. Your prompt response is appreciated!

Feel like sharing the good vibes? Bring a friend along! Plus, their first class is on the house. Let's grow our yoga tribe!

All the juicy details, including prices, are on my website. Check it out and let me know if you have any questions, queries, comments.

I Can't wait to flow with you all!

Namaste,

Tasha Maxine White  
RYT 200  
tashawhite.ca