

# NOVASALT



## Spring 2024 Newsletter

**Dear NovaSalt Community,**

Welcome to the spring edition of NovaSalt's newsletter, celebrating our first month of wellness adventures together. NovaSalt, your hub for Yoga, Personal Training, Nutrition Coaching, and wellness resources, is here to create opportunities for you to move, nourish, breathe, and connect. Visit [www.novasalt.com](http://www.novasalt.com) to catch up on the latest events and resources, supporting you on your journey toward holistic well-being.

Thank you for being here! I can't wait to connect with you soon.

**- Courtney Bledsoe, NovaSalt Owner**

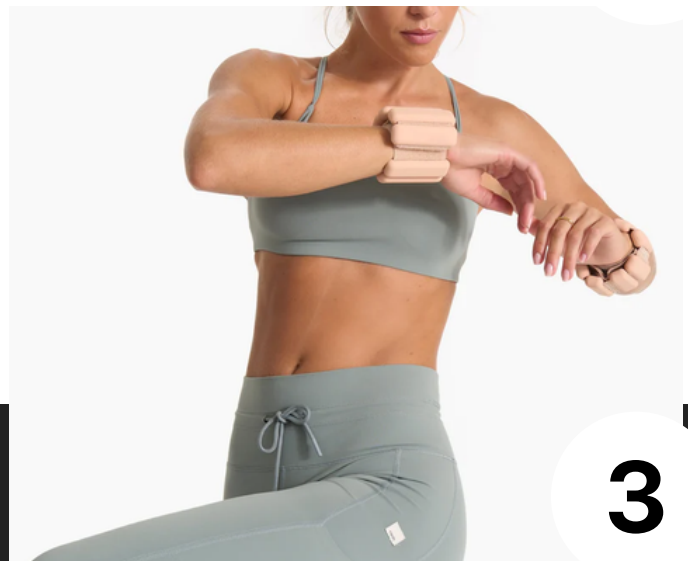
## Spring 2024 Events



# NovaSalt Lifestyle

*What we are loving this Spring!*

Discover these NovaSalt favorites and revitalize your springtime routine! Your well-being fuels our passion, and we're thrilled to share these gems with you! Click the number icons to shop our favorite products!



- 1. JoyFull Cookbook, by Radhi Devlukia-Shetty:** This is a MUST for your home library! Radhi shares over 125 plant-based recipes that are rooted in Ayurvedic tradition and principals for health. Radhi also shares her daily wellness practices including: ancient rituals, meditations, prayers, and breathwork to support you on your path.
- 2. Jade Yoga Mats:** The Harmony Mat is not only is it our favorite for it's sticky and cushiony grip, it's a mat that does good for the planet! Using only sustainable products and practices, and planting a tree for every mat sold!
- 3. Vuori Clothing:** If you're wondering what Courtney's wearing when she teaches, 9X out of 10 she is wearing Vuori! We recommend all Vuori products, but especially LOVE the Daily Legging and Yosemite Bra for Training, Yoga, and just looking really CUTE! They also prioritize the planet by using low-carbon recycled and organic materials.

## Stay Connected!

We are looking to add to our event schedule soon, so be sure to follow us on social to stay informed!  
You can also reach out through our website or email to book services including:  
Personal Training, Nutrition Coaching, and Private or Group Yoga



**NovaSalt**

Brunswick County, NC

NovaSaltWellness@gmail.com | (812) 240- 5708