



**Happy 15th year Anniversary! Let's celebrate! Here are the multiple ways we're commemorating this milestone!**

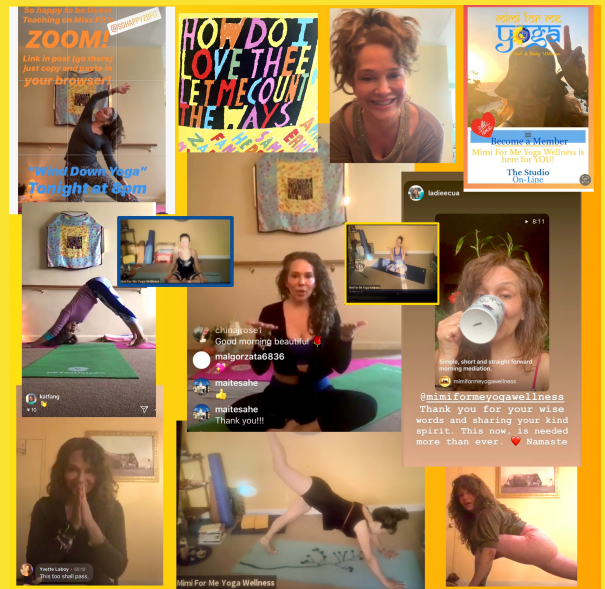
Reintroducing in-person group classes, reigniting our roots in our Queens' community within our intimate boutique yoga experiences.

**If your'e committed to your health and wellness we're here for you!**

Stay updated on exclusive incentives for your health, wellness, and beauty by creating your **profile** and signing up for this **newsletter**.  
(In case someone caring forwarded this one to you).



**...And Virtuals are here to stay for most classes**



**Enjoy 15% OFF ALL PACKAGES throughout February!**

Can not be combined with these other many deals, so many right?! So do your homework and pick what's best for you!

If this is the one, be sure at check-out to use code: **Anniversary**

**-OR-**

Bringing back the "punch card" (electronically now) with your 15th Class FREE!

**Mimi For Me Yoga Studio**  
Mind & Body Wellness  
Yoga & Pilates  
Beginner-friendly Classes  
Tuesday Evenings > 7-15pm | Weekend Mornings > 9:00am  
Summer: "Sillies" - Outdoor weather permitting! "Sillies" - In Studio  
Also available for privates  
**Moove and Groove Studio**  
75-05 Roosevelt Ave., Jackson Heights, NY 11372  
F V G R and # | subway  
\$15.00 per class, or 6 class card for just \$80.00  
For information and to reserve your spot please  
Call: 917-561-5501, or email: [Mimiforme@gmail.com](mailto:Mimiforme@gmail.com)

DATE: \_\_\_\_\_ DAY: \_\_\_\_\_

Some of the benefits of a Yoga/Pilates practice for mind and body:

- \* Develops greater flexibility \* Better body alignment
- \* Strengthens and tones muscles \* Expands range of motion of joints
- \* Conditions bones \* Enhances stamina and endurance
- \* Improves digestive, circulatory and immune systems \* Helps prevent and relieve chronic illness \* Increases energy levels and vitality
- \* Produces better quality sleep for many \* Assists in the release of toxins from the body \* Addresses management of short and long term illness
- \* Boosts self esteem & self confidence \* Promotes a healthier mindset and discipline



**-But wait, there's more! Check it out** ➔



**Very appropriately that this is the month of love and affection because....**

**February 14th: Purchase your Two-for-One pass for you and your partner.** (Good for purchase on Valentine's day only.). Purchase, and then send a text to 718-505-9642 with your partners name and we will add their package to their profile. Make sure there's a profile. **Create a profile.**



**February 20th: Our official 15th year Anniversary!**

Join us for a special complimentary blessing and celebratory meditation. 6pm, no regular class this evening. Pre-registration is a must.

**Friday February 21st: you're invited to our Yoga Cocktail Party!** If you're a regular to classes, our retreats, active on *Mimi For Me Yoga Wellness social media*, and/or have been around since the early days, you are hereby invited to join at the studio in Forest Hills. Please **RSVP: 718-505-9642**

**All month long we're rolling out the RED hot deals!**



Join us for our Milestone Month!

As Mimi For Me Yoga Wellness celebrates 15 years, we're also excited to unveil the latest addition to our wellness modalities.

***Red Light Therapy Queens, LLC.***

The perfect compliment to our yoga based practices, promoting deep healing, relaxation, and rejuvenation.

Plan to experience the perfect fusion of yoga, wellness, and innovation.

**🌟 Our Opening Special - 45-minute sample session for just \$25!**

**🌟 INTRO 3-Session Package -\$135 plus 3 FREE Classes!**

Choose between

Tuesday DanceFit, Wednesday Warrior Strong, and/or Thursday YogaLates.

**...Celebrate the Lunar New Year, and the Year of the Snake 🐍**

Shed those extra pounds before Spring! Red light is a non-invasive way to burn fat cells. Along with lymphatic drainage that comes from doing your classes and our Infrared Roller machine you'll be slithering and enjoying your Spring wardrobe!

**...Heart Health Awareness Month 💜💛**

Good circulation is everything that your heart wants. If you commit to your loving heart, we'll commit to it too with loving accountability, and FREE CLASSES! Show up for class and then recover under the healing power of your Red Light Sessions.

*Renew your intentions to your better health, and invest in activities that offer you whole-person wellness. Our mission remains the same, to be here for you with tools to help you stay on top of your wellness so that you can live your best quality life with joy, love, gratitude, and peace. Much thanks, and Namaste~*

