

A Heartfelt Announcement: Changes Coming in January 2025

As the new year approaches, I find myself reflecting deeply on the path of NB Yoga & Wellness and the ways I can continue to serve you while staying true to my heart and purpose. Life brings change, and with it comes an opportunity to grow, realign, and follow what feels most authentic.

It's with a mix of emotions that I share some upcoming changes to our schedule beginning in January 2025. After much consideration, I've decided to focus more on the wellness side of NB Yoga & Wellness, which has become a growing passion of mine.

Starting in January, I will be offering yoga classes during the following times:

Tuesdays | 11:15 AM–12:15 PM | Gentle Yoga

Thursdays | 11:15 AM–12:15 PM | Mindful Flow

Additionally, our beloved **Monday evening Gentle Yoga** with Celina from 6:00-7:00 PM will remain unchanged, providing a consistent space for evening practice.

This decision was not an easy one to make. I am deeply grateful for the energy and presence you've brought to every class over the years. But as I listen to my inner calling, I know this shift will allow me to integrate new offerings to support your journey toward optimal health and wellness. I will continue to offer 1:1 Yoga Sessions, Empowered Mind/Body Freedom Sessions, and the Content Library will remain open for those who like to practice on their own time.

I understand that these changes may not align with everyone's needs, and you may feel the need to reassess your membership or class participation. If this is the case, please don't hesitate to reach out to me so we can work together to find the best path forward for you. Your feedback and communication are always welcome.

Thank you for your understanding, trust, and unwavering support as NB Yoga & Wellness moves into this next chapter. Your presence has always been, and will continue to be, the heart of this space.

With love and gratitude,
Nicole