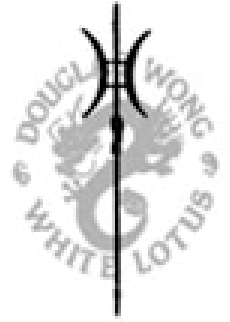


WHITE LOTUS MONTHLY

MARCH 2007



Thank you to all those that attended the workshop held on February 17, 2007, presented by Shelley Piser. Those in attendance can attest to a great workout and left with an appreciation for Yoga and its many benefits. We hope that we can have another seminar focused on yoga sometime soon.

Our next upcoming workshop will be held on April 21, 2007 from 1:30 to 4:30. It will be presented by Sigung Antwione Alferos, and will be covering "The Unique Blades of Malaysia / Phillipines. Sigung Alferos has been in the martial arts for 45 years, and this is an incredible opportunity for all those that can attend. This workshop is open to All Adults, and all levels of experience. If you haven't attended a seminar before, now is a great time to try one! Please invite any family or friends that may be interested as well, as it is open to the general public.

Don't forget Daylight Savings time on March 11, and Happy St. Patrick's Day on the 17th!

QUOTE FOR THOUGHT

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

TESTING THIS MONTH

Saturday March 17, 2007

1:30 - 2:30 p.m.

Adult Level 2 – Purple Sash

2:35 – 3:35 P.M.

Adult level 1- ORANGE SASH

MARCH BIRTHDAYS

Send some birthday wishes to your fellow classmates and instructors.

Adult Classes

Carolyn Ramirez 3/03

Carey Tri 03/08

Jason Boyce 3/12

Children's Classes

Sam Gold 3/02

Tyler Johnson 3/04

Jessica Mares 03/08

Kevin Cunanan 3/20

If we missed anyone we apologize. Please Let us know so we can correct our records.