

Subject: ✨: 'Tis the season to be Mindful! 12 Days of Christmas Yoga! 🌲☀️

Dear Vida Yoga Family,

During the holiday rush, one can get caught up in everyone else, so it's easy to forget to prioritize Yourself. *These things happen to the best of us.*

However this is *Your* moment to unwrap the gift of self-care, to indulge in daily doses of Yoga bliss that will leave you glowing brighter than any Christmas Tree!

And we've wrapped something extra special just for you—a gift that goes beyond glittering lights and festive cheer.

## Welcome to the "12 Days of Christmas Yoga Bliss!"



As we dive into the holiday season, we invite you to join us on a journey that brings you directly the magic of yoga.

This is more than poses; it's a daily ritual, a celebration of self-care infusing your holidays with joy, tranquility, and community warmth.

### 🌲 What to Expect:

Starting [Date], your inbox will become a treasure trove of well-being.

- Unique poses
- Mindfulness tips
- Heartfelt messages

*Each day holds a New surprise to add a touch of Magic to your season!*

### 🌈 The Best Part?

This isn't *just* about the next 12 days;

It's about making your mat the Center of Joy throughout the season. *It's about* giving yourself the gift of *presence, tranquility*, and the *radiance* that comes from *within*.

### 🌟 How to Get Ready

Mark your calendar for [Date], the kickoff of our 12 Days of Christmas Yoga Bliss.

Create a cozy space on your mat, a personal haven for the holiday season.

Open your heart to the joy of self-care, and let the magic of Yoga unfold.

Get ready to unwrap the magic Vida Yoga family.

Let the 12 Days of Christmas Yoga Bliss be your guide to a holiday season filled with well-being, shared smiles, and the timeless magic of yoga.

With love and anticipation,

Vida Yoga Team 

P.S. *Stay tuned, and let the countdown to self-care and joy begin!* 