



"There is a vitality, a life force, an energy that is translated through you; and because there is only one of you in all of time, this expression is unique."

—Martha Graham

During my travels to France to visit with our French family I took time to reflect on the growth of the studio, progresses and future developments. I was overcome firstly, with gratitude to everyone for understanding the brief closing of the studio while my family took the opportunity to reconnect with family we hadn't seen in three years.



We celebrated my in-law's 40th wedding anniversary and reestablished relations with our extended families who also traveled from Denmark and Sweden.

I also reflected on each student's individual goals and progressions as the theme for this newsletter. As I did so, "Transformation", revealed itself to me again and again with such clarity. For those who've been with Harmony since the beginning I've noticed the first big shift in each one's adoption of the work into their mind and body. Those "Aha!" moments are taking root. These transformations are noticeable in how the fundamental concepts are being grasped and in how they are being expressed as an inner knowing and awareness to each. For those who have come onboard recently, your journeys are just beginning. You too are on a path of transformation that will be unique unto your own goals. I am overjoyed at the progress we've made, as you should be too, in all your hard work and success.

That being said, it is not the time to become complacent. Summer can often be a time of letting our routines slide as we are distracted by other activities. I encourage everyone to remain focused on their goals so that when Fall arrives we will still be on track, rather than in a position of re-commitment. Let's all be pleased in the Fall and Winter with the progress that we are continuing to make!

New FALL Classes Coming in September!

Beginning Mat Class - Tuesdays @ 10am
Mat Apparatus - Thursdays @ 10am
Pilates For Seniors - Thursdays @ 11am
(class final schedule based on interest)

*Intermediate/Advanced students call to inquire about additional classes.

SIGN UP NOW... Class sizes are small so book early!
Call Susan @ 919-389-2747



You have each begun a transformation of body, mind and spirit.

Wellness is the outcome.

Celebrate your blossoming into wholeness.

On Saturday, August 11th Harmony invites you to meet with fellow students that are a part of your studio community and to celebrate in the contributions you've made to the success of HPS.

I very much hope you will come and bring a friend or two!

~Harmony Studio Party~

Saturday, August 11th
5-7pm
At the studio

Meet the Harmony Gang!
Bring a friend or 2,
& a finger food to share

Refreshments provided