



TAKE FIVE TO MEET CHAMBER MEMBER

A Work In Progress Yoga Studio

Let's help welcome one of our newest members to the Chamber. A Work In Progress joined in November of 2018 and is owned by Veazey Nevitt.

A Work In Progress Yoga Studio is located in downtown Salina, 218 E. Walnut Street, offering yoga and movement classes morning, noon and night. There are classes for newbies up to advanced and everything in between.

Get to know the owner, Veazey Nevitt, and why she practices yoga regularly. "Yoga AND movement show me the path to all possibilities. These are the things that amaze and continuously inspire me. These are the things that make my life worth living, the things that fuel my desire to grow, and the things that expand my mind." How has yoga changed your life? "My yoga practice has forced me to wake up and it continues to keep me awake. Had I never found yoga, I imagine I'd still be an unconscious zombie, completely unaccountable for my thoughts, words, and actions living without a purpose and dreaming without actually acting on those dreams."

The highest priority at A Work In Progress is that everyone is able to attend a yoga class and be able to experience all of the benefits that yoga has to offer. The first class is FREE and after that it is only a \$5 donation per class. So why not step out of your comfort zone, try something new and let yoga bring the calm to your busy life!

Wanting to add a yoga or movement class to your home or venue? Visit their website www.iamaworkinprogress.com for more information and class schedules.

