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Phoenix Yoga Putney

# February 2026 Newsletter

30 January 2026

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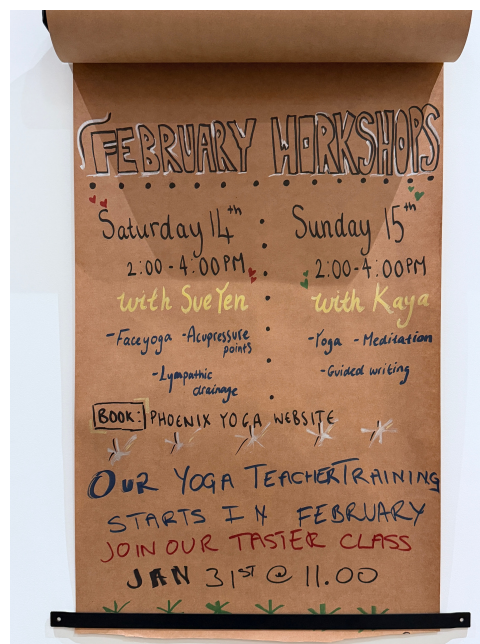


New artwork on the studio windows

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## Welcome to the February 2026 Newsletter!

Lots of wonderful news this month — from beautiful new artwork in our windows, to our exciting new neighbours at Pulse Club, and a brilliant set of February workshops!



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## New Window Artwork

We have beautiful new yoga figure paintings on the inside of our studio windows — created after a window cleaner accidentally scraped the original outside artwork. We love how they turned out! Come and see them for yourself.

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## Pulse Club — Confirmed!

**Pulse Club has signed the lease — they are officially our new neighbours!**

Finnish sauna for up to 20 people | 4 cold plunge pools (4–10°C)

We are so excited to have this incredible wellness facility right next door. Watch this space for membership deals and partnership offers.

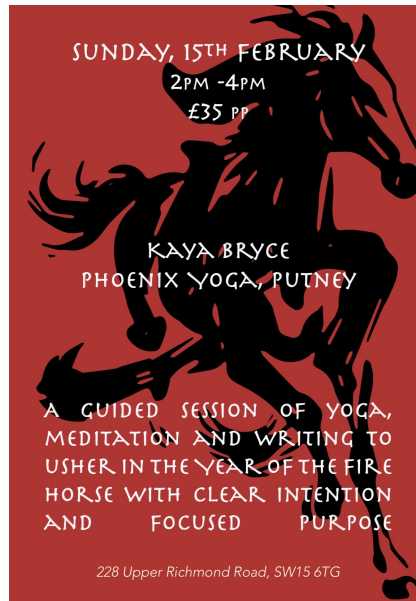
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## Free Shipping on Merchandise

For a limited time we're offering **free shipping** on all merchandise orders. Check out the Phoenix Yoga store for branded clothing and accessories.



February Workshops



## Valentine's Day Bareface SOS with SueYen

### Lymphatic Drainage Face Yoga

Saturday 14th February, 2–4pm | 90 minutes | with SueYen

A wonderful self-care treat for Valentine's Day — learn lymphatic drainage face massage and face yoga techniques. The perfect gift for yourself or a friend.



## Year of the Fire Horse with Kaya Bryce

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**Embodiment Workshop — Sunday 15th February, 2–4pm | £35pp**

with Kaya Bryce

Welcome the Year of the Fire Horse through yoga, meditation and creative writing. A powerful afternoon of embodied exploration and intention-setting.

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**Wellspring by Nikki Kapp**

Wellspring is an online somatic movement platform by Nikki Kapp — offering accessible, body-centred practices for everyday wellbeing. Well worth checking out.



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The poster for the 200 Hour Yoga Teachers' Training course features the yogihearts logo at the top left. The main title "200 Hour Yoga Teachers' Training course" is prominently displayed. Below the title, the dates "Feb 15 - April 12, 2026" are listed. A circular inset image shows a group of women in traditional Indian attire, some holding certificates. At the bottom, the text states: "THIS COURSE IS SUITABLE FOR ALL LEVELS AND SETS A STRONG FOUNDATION FOR YOGA AS A PRACTISE AND A WAY OF LIFE. AFFILIATED BY THE WORLD'S OLDEST YOGA SCHOOL, THE YOGA INSTITUTE." Logos for RYS 200 and The Yoga Institute are also present.



200hr Yoga Teacher Training — Feb 15–Apr 12 2026

## Yoga Teacher Training — 200hr

Our 200hr YTT has begun! Starting **15 February 2026**, affiliated with The Yoga Institute. We wish our first cohort all the best on their journey.

## GoFundMe

Our GoFundMe campaign continues — thank you for all your support. Every contribution makes a real difference. Please share with friends and family.



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**With love from all at Phoenix Yoga Putney**