

Dear Yogis and Yoginis,

I want to thank you for a wonderful year! Many things happened in the past twelve months and I'm glad I can be a part of so many yoga-journeys for so many years already. I am also happy about all the new faces in my classes. Thank you so much for your trust in me as a teacher and all your positive feedback!

Successful start of the Early-Birds

Since June this year, I teach two Early-Bird-Classes per week again. I know how hard it is to get out of bed so early – especially in the cold winter months – and that's why it makes me even happier to see you show up in the mornings. It's great to start the day together with you! To those, who didn't join yet, we start on Tuesdays and Thursdays at 06:30 a.m. at [Happy Fitness](#).

Since the interest in the Early-Birds is so strong and the mats lie closer to each other every evening, I will upgrade my class schedule: Starting in February you can come to the Early-Birds Monday to Friday at Happy Fitness. The current [class schedule](#) is always available on my [website](#), which by the way I re-designed this year.

Workshops and other events

I started to teach workshops again in October: In the first one, we practiced the fundamentals and talked about theoretical basics. It was a great workshop with a wonderful energy and a cozy dinner at the end of the day. There will be another workshop concerning the fundamentals on February 17th. The next step is a workshop about the full Primary-Series, which will approximately take place end of March. I will share more info with you in time on my [website](#) and on my [Facebook-Page](#).

I also plan another big event: A [summer retreat on Mallorca](#) will take place from July 20th to July 28th. We'll spend a wonderful week at a homely finca with spiritual flair in the center of the island. A huge garden, no neighbors, big pool, organic food and for sure a lot of yoga are waiting for you!

The AYRF-team

I want to say thank you to my team as well, which supported me in a phenomenal way this year and will accompany me in the future, too. Jana is helping me out as a co-teacher since a couple of years already. She will continue to teach in some classes next year. I can also count on Leni as my assistant-teacher since a few months. She's an AYInnovation®-student of Dr.

Ronald Steiner and is being trained in Mysore-teaching by me. Thanks to her medical degree, she carries a lot of extra expertise. Leni will be teaching more regularly in 2018 as well.

Important information for the members

The last price adjustment happened in 2014/2015, therefore I will use the update of the class schedule to catch up with the rising costs of the last three years. From February 2018 on I will increase the monthly fee of all members by €uro 5,00. If you do not accept this price adjustment, please [send me a short notice](#). The regular monthly fee for all new members is €uro 80,00 from January on.

Winter-Break

From Dec. 25th to Jan. 02nd AYRF will have a winter break - BUT on Dec. 24th and Dec 31st there will be a mysore-class at [Happy Fitness](#) at 09.00 a.m. and I would love to end the year together with you this way!

There's nothing more to say – except for: Happy Holidays! I am looking forward to a new, exciting year with you!

Chris