



October Newsletter



Welcome to October:

Embracing Mystic Magic

As the days grow shorter and the veil between worlds feels a little thinner, we welcome October with the theme of Mystic Magic.

This is a season of mystery, intuition, and transformation—a time to reconnect with the unseen forces that guide and inspire us. Mystic magic isn't about escaping reality; it's about deepening our relationship with it. It's found in synchronicities, dreams, moments

of profound insight, and the quiet wisdom that emerges when we slow down and listen.

October invites us to honor both the visible and invisible aspects of life. Through reflection, ritual, creativity, and connection, we can cultivate a sense of wonder and remember that there is more to this world than what meets the eye.

May this month inspire you to trust your intuition, embrace the unknown with curiosity, and discover the magic woven throughout your everyday life.

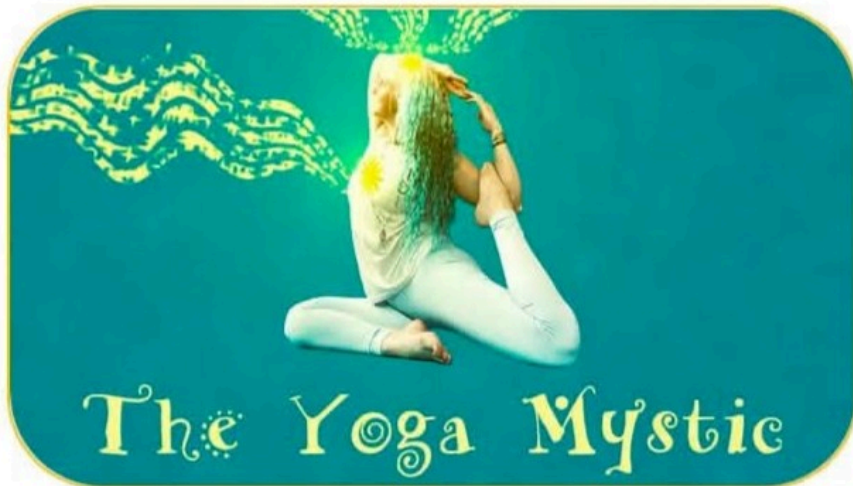
Wishing you a month filled with mystery, enchantment, and meaningful transformation.

Happy October!

We have officially launched The Yoga Mystic App!

Click below to access the link to download our new app to your phone for your convenience! You can access & sign up for classes, manage your membership or class packages, stay tuned in to our special events, schedule a variety of private sessions, receive a daily mantra with the astrological transits of what is happening in the skies that day, as well as a monthly horoscope for your Sun sign!

Namaste



JOIN THE MOVEMENT

ALREADY A MEMBER?

YOGA MYSTIC APP ~ CLICK HERE

October Sale:

✧ 50% OFF ✧ TAROT READINGS



October Tarot Sale

50% OFF ALL TAROT READINGS

Regularly \$66 → October special \$33

Give yourself an hour to slow down, get quiet, and receive guidance from the cards.

Your reading includes a Celtic Cross Tarot Reading, one of the most traditional and comprehensive tarot spreads. The cards create a story around the energies surrounding you — illuminating where you are, what may be influencing you, what challenges or opportunities are present, and what wisdom is available to you as you move forward.

At the end of your reading, we'll pull an Oracle Card to offer one final message, affirmation, or piece of guidance for your journey.

Whether you're standing at a crossroads, seeking clarity, navigating change, or simply curious about what the cards have to reveal, October is the perfect time to step into the magic.

Come sit with the mystery.

Come listen to your intuition.

Come discover your Mystic Magic.

October Calendar:



OCTOBER 2026 "MYSTIC MAGIC" www.theawakeningrealm.com (574)226-6435

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:30PM HOT BAPTISTE 7PM PRESENT MOMENT	2 10AM FLOW STATE 5:30PM STORYTIME YIN	3 9AM NAMASTE
4 8AM -12PM VIPASSANA 10AM YIN 1-5PM OPEN STUDIO	5 5:30PM HATHA 7PM GODDESS YOGA	6 9:30AM HATHA 5:30PM HOT BIKRAM 7PM WATER Element Yoga Nidra	7 10AM YIN-HATHA 5:30PM MAGIC CARPET RIDE YOGA 7PM TAROT WORKSHOP	8 5:30PM HOT BAPTISTE 7PM DECORING	9 10AM FLOW STATE 5:30PM STORYTIME YIN	10 11:50AM Libra/Moon 9AM NAMASTE 10AM 10/10/10 Portal Meditation
11 10AM YIN NAVARATRI BEGINS! 1-5PM OPEN STUDIO	12 5:30PM HATHA 7PM GODDESS YOGA	13 9:30AM HATHA 5:30PM HOT BIKRAM 7PM FIRE Element Yoga Nidra	14 10AM YIN-HATHA 5:30PM MAGIC CARPET RIDE YOGA 7PM TAROT WORKSHOP	15 5:30PM HOT BAPTISTE 7PM ACTIVATING YOUR RAINBOW LIGHTBODY	16 10AM FLOW STATE 5:30PM STORYTIME YIN	17 9AM NAMASTE
18 10AM YIN 11:30AM TEAM MTG. 1-5PM OPEN STUDIO	19 5:30PM HATHA 7PM GODDESS YOGA	20 9:30AM HATHA 5:30PM HOT BIKRAM 7PM AIR Element Yoga Nidra	21 10AM YIN-HATHA 5:30PM MAGIC CARPET RIDE YOGA 7PM TAROT WORKSHOP	22 5:30PM HOT BAPTISTE 7PM ASTROLOGY WORKSHOP	23 10AM FLOW STATE 5:30PM Sun enters Scorpio Ceremony	24 9AM NAMASTE
25 10AM YIN 1-5PM OPEN STUDIO	26 12:11AM Taurus/FM 5:30PM HATHA 7PM GODDESS YOGA	27 9:30AM HATHA 5:30PM HOT BIKRAM 7PM SPACE Element Nidra	28 10AM YIN-HATHA 5:30PM MAGIC CARPET RIDE YOGA 7PM TAROT WORKSHOP	29 5:30PM HOT BAPTISTE 7PM ASTROLOGY WORKSHOP	30 10AM FLOW STATE 5:30PM STORYTIME YIN	31 9AM NAMASTE

TAROT READINGS ARE 50% OFF ALL MONTH LONG (ONLY \$33!)

New Classes & Events:

OPEN STUDIO

MEMBERS ONLY

**SUNDAYS
1-5PM**

OPEN STUDIO

Sundays 1-5PM *MEMBERS ONLY*

Sometimes your home just isn't the right place for your practice. Maybe it's too small, too noisy, too crowded—or there are simply too many distractions.

Open Studio is your invitation to come into the Yoga Mystic space and create time for your own personal sadhana.

During these open hours, members are welcome to use the studio as a quiet, sacred space for their personal practice. Bring your mat, journal, meditation cushion, mala, books, or whatever supports your journey.

Practice yoga. Meditate. Read. Journal. Stretch. Breathe. Sit in stillness. Work on something you've been wanting to explore.

There is no class to follow and no teacher directing your practice. This is time for you to listen inward, follow your own rhythm, and deepen your relationship with your practice.

Come as you are. Stay for an hour or stay for the afternoon.

Your practice. Your space. Your sadhana.

Free for Yoga Mystic members.



The Present Moment

Calling Your Energy Home Meditation

In our busy world, our energy is often pulled in many directions—replaying memories from the past, worrying about the future, or carrying experiences that no longer belong in the present moment. When our energy is scattered across different timelines, we may feel disconnected, overwhelmed, or unable to fully experience the power of now.

This guided meditation is an invitation to call your energy back home—to gather the parts of yourself that may still be holding onto the past or reaching toward the future, and lovingly return them to the present moment.

Through visualization, breath, and intention, you will reconnect with your own life force, reclaim your personal power, and create a deeper sense of wholeness within yourself.

During this meditation, you will:

- Call back your energy from past experiences and future projections
- Release attachment to moments that no longer need your energy
- Reconnect with your present-moment awareness
- Restore your sense of inner power and alignment
- Cultivate a deeper feeling of peace, grounding, and presence

The past carries wisdom. The future carries possibility. But your power lives here—in this moment.

When we gather our energy back into the present, we become more available to experience life fully, make conscious choices, and create from a place of clarity and connection.

Join us for this sacred practice of returning home to yourself and remembering the power that has always been within you.

VIPASSANA MEDITATION



SUNDAY OCT. 4TH 8AM-12PM

Vipassana Meditation Retreat

8AM - 12PM

Gift yourself a morning of stillness, presence, and deep inner awareness through the ancient practice of Vipassana meditation. This half-day retreat is an invitation to unplug from the outside world, enter into noble silence, and reconnect with the wisdom that arises from simply observing the present moment.

Vipassana, meaning "to see things as they truly are," is a mindfulness practice that cultivates clear awareness by observing the breath, bodily sensations, thoughts, and emotions without reacting or judging. Rather than trying to change your experience, you will learn to witness it with curiosity, equanimity, and compassion.

Our morning will flow as follows:

- 8:00–10:00 AM: Guided introduction followed by seated and walking Vipassana meditation.
- 10:00–11:00 AM: A nourishing Yin Yoga practice to gently open the body, release tension held within the fascia and connective tissues, and prepare the body for deeper stillness.
- 11:00 AM–12:00 PM: Return to Vipassana meditation, allowing the spaciousness created through movement to deepen your awareness and presence.

Silence will be maintained throughout the retreat, creating a peaceful container where the mind can settle and insight can naturally emerge. Whether you are new to meditation or have an established practice,

this experience offers a chance to slow down, quiet the mental chatter, and reconnect with the calm, steady awareness that exists beneath the surface.

Please Bring:

- Meditation cushion or pillow (chairs will also be available if needed)
- Yoga mat (will also be available if needed)
- Water bottle
- Journal (optional, for reflection after the retreat)
- Comfortable, layered clothing

Come with an open heart, a beginner's mind, and a willingness to simply be. In the quiet, we begin to notice what has always been there—a peaceful presence beneath the constant movement of the mind.

VENUS RETROGRADE ~ GODDESS YOGA JOURNEY MONDAYS @7PM

DATE	FACILITATOR	GODDESS	THEME	
AUGUST 31 ST	LAIKA	VENUS & THE SELF	INTRO & ALTAR	<i>PRE-SHADOW</i>
SEPTEMBER 7TH	CLOSED FOR	LABOR DAY	NO CLASS	<i>PRE-SHADOW</i>
SEPTEMBER 14 TH	LAIKA	ISIS	THE LUNAR CYCLE & THE YONI	<i>PRE-SHADOW</i>
SEPTEMBER 21 ST	JORDAN	PERSEPHONE	DUALITY	<i>PRE-SHADOW</i>
SEPTEMBER 28 TH	JEN & SYDNEY	PARVATI	DATING & RELATIONSHIPS	<i>PRE-SHADOW</i>
OCTOBER 5 TH	LAIKA	MARY MAGDALENE	THE INNER DRAGON	<i>RETROGRADE</i>
OCTOBER 12 TH	LAIKA	NAVARATRI	GODDESS CELEBRATION	<i>RETROGRADE</i>
OCTOBER 19 TH	JEN & LAIKA	DURGA	SINGLE MOM LIFE	<i>RETROGRADE</i>
OCTOBER 26 TH	LAIKA	INANNA	PELVIC FLOOR HEALTH	<i>RETROGRADE</i>
NOVEMBER 2 ND	KELSEY	KALI	PERSONAL STRENGTH	<i>RETROGRADE</i>
NOVEMBER 9 TH	LAIKA	BHUVANESHWARI	NERVOUS SYSTEM	<i>RETROGRADE</i>
NOVEMBER 16 TH	JEANINE	HATHOR	DIVINE MOTHER	<i>POST-SHADOW</i>
NOVEMBER 23 RD	LAIKA	SPIDERWOMAN	FASCIA	<i>POST-SHADOW</i>
NOVEMBER 30 TH	JORDAN	HERA	POWER	<i>POST-SHADOW</i>
DECEMBER 7 TH	JORDAN	APHRODITE	SELF-LOVE	<i>POST-SHADOW</i>
DECEMBER 14 TH	LAIKA	LAKSHMI	EMBODIMENT	<i>POST-SHADOW</i>
DECEMBER 21 ST	LAIKA	WINTER SOLSTICE	CEREMONY	<i>& CLOSING</i>

Goddess Yoga Journey

Mondays @7PM

Venus Retrograde & Divine Feminine Wisdom

Join us for weekly transformative classes devoted to the wisdom of the Divine Feminine during the sacred passage of Venus Retrograde. This immersive series invites you to slow down, reflect, reconnect with your heart, and explore the many faces of feminine power through movement, ritual, meditation, breathwork, education, and authentic community.

Each week, a different facilitator will guide a unique experience inspired by a goddess archetype, weaving together yoga, meditation, discussion, ritual, and practical feminine wisdom.

A Different Experience Every Week ~ No two weeks will be the same. You'll leave each session with fresh inspiration, practical wisdom, and a deeper understanding of yourself.

Because each week offers something completely different, you won't want to miss a single gathering.

Come As You Are!!!

This series is open to all levels and welcomes all who feel called to explore the Divine Feminine. Whether you're seeking healing, community, self-discovery, spiritual growth, or simply a space to reconnect with yourself, you are welcome here.

Attend as many sessions as you can. While each class stands beautifully on its own, together they create a powerful journey through Venus Retrograde—a season of reflection, remembrance, healing, awakening, and returning home to yourself.

Gather in sacred sisterhood. Honor your cycles. Reclaim your voice. Awaken your inner Goddess.

Yoga Nidra
for the Elements
5wk Healing & Restorative Journey



Earth Water Fire Air Ether

Tuesdays @7PM
Sept. 29th - Oct. 27th

Yoga Nidra for the ELEMENTS

5-week Restorative Journey

Explore Water, Fire, Air & Ether through Deep Rest & Inner Awareness

Join us for a five-week immersive Yoga Nidra series, where each session is dedicated to one of the five elements — Earth, Water, Fire, Air, and Ether. Through the deeply restorative practice of Yoga Nidra (guided yogic sleep), you'll explore the energetic qualities of each element and how they show up in your body, mind, and life.

Each week, you'll be guided through a themed Yoga Nidra journey designed to bring balance, insight, and inner harmony. Gentle movement, breathwork, and reflection will support your experience as you move from grounding and stability to flow, transformation, expansion, and spacious awareness.

This series is perfect for anyone seeking:

Deep rest and nervous system reset

A reconnection to nature's rhythms

A healing or bringing that specific element in your body back into harmony

A gentle, accessible entry into meditation and subtle body awareness

Weekly Themes:

Week 2 – Water: Flow, emotion, adaptability

Week 3 – Fire: Transformation, energy, willpower

Week 4 – Air: Breath, openness, communication

Week 5 – Ether (Space): Stillness, intuition, connection

Each session includes:

Short introduction to the weekly element

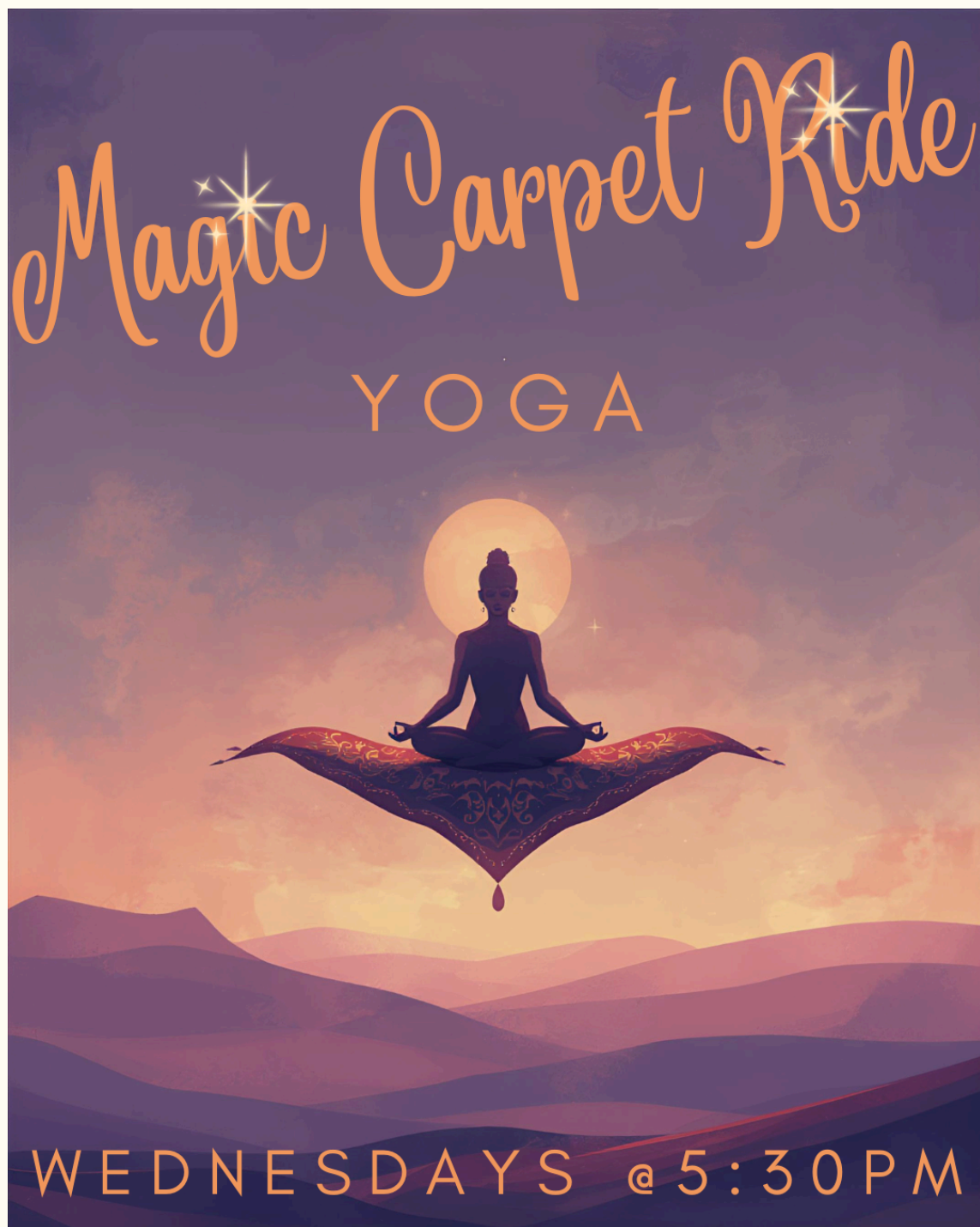
Gentle somatic movement or breathwork

45 minute guided Yoga Nidra practice

Optional journaling or group reflection

What to Bring: Yoga mat, journal, and anything that supports your comfort lying down for an extended period.

No experience necessary — all are welcome.



Magic Carpet Ride Yoga

Wednesdays @5:30PM

Step onto your mat and prepare to be carried away.....

Magic Carpet Ride Yoga is a playful, intuitive class where each session becomes its own unique journey. Guided by the energy in the room and what students need that day—whether it's grounding, release, strength, or deep relaxation—we'll flow through a creative blend of movement, breath, and mindfulness.

Expect a mix of gentle flows, supportive stretches, and moments of stillness that help you reconnect with your body and mind. No two classes are exactly the same, but every ride is designed to leave you feeling lighter, refreshed, and a little more magical.

All levels are welcome—just bring your mat, your breath, and a sense of adventure.



Rider-Waite Tarot Workshop

5-Week Workshop

Join us for a five-week workshop exploring the meanings and symbolism of every card in the Rider-Waite Tarot deck. Throughout the course, you'll learn how to interpret the cards with confidence, practice two different tarot spread layouts, and receive a comprehensive handout packed with helpful reference materials and insights.

By the end of the month, you'll have the knowledge and skills needed to perform tarot readings with confidence.

Please note: Tarot decks are not provided. Participants must bring their own Rider-Waite Tarot deck to each class.

Certification will be granted. Cost is \$150



DECORDING

Throughout our lives, we form energetic connections with people, places, experiences, and emotions. Some connections are nourishing and supportive, while others may leave us feeling drained, overwhelmed, or disconnected from our own energy. These energetic attachments are often referred to as psychic or energetic cords. In this guided meditation, you will be led through a gentle and intentional process of identifying and releasing unhealthy energetic cords—connections that may carry emotional weight, subconscious patterns, guilt, fear, codependency, or energy that does not belong to you.

Rather than forcefully severing these connections, this practice focuses on a conscious and compassionate release. We will explore how to safely clear attachments, reclaim your own energy, and restore a sense of wholeness within your energetic field.

During this meditation, you will:

- Identify energetic cords that may be draining your vitality
- Clear energy that you may be carrying for others
- Strengthen healthy energetic boundaries

- Call your own power and life force back to yourself

Many of us unconsciously absorb the emotions, expectations, and experiences of others. Over time, these energetic attachments can influence how we feel, think, and show up in our own lives. This meditation offers a sacred space to lovingly release what is not yours to carry while honoring the lessons and connections that have shaped you.

Come reconnect with your own energy, restore balance within your energetic body, and create more freedom, clarity, and sovereignty in your life.

10/10 PORTAL MEDITATION



SATURDAY OCT. 10TH @10AM

10/10 Portal Meditation

Transformation, Alignment & New Beginnings

The 10/10 Portal is a powerful energetic gateway that invites transformation, completion, and the opening of new pathways. The number 10 carries the energy of both endings and beginnings—the completion of one cycle and the initiation of another. It reminds us that every closing creates space for a new opportunity to emerge.

Join us for a guided 10/10 Portal Meditation as we connect with this energy of renewal, alignment, and personal evolution. Through breath, visualization, and intention, we will release what has reached

completion, clear stagnant energy, and open ourselves to the next chapter of our journey.

This meditation invites you to:

- Reflect on your growth and transformation
- Release old patterns, fears, and limitations
- Align with your highest intentions and future vision
- Reconnect with your inner guidance and intuition
- Step forward with greater clarity, confidence, and purpose

The 10/10 Portal reminds us that transformation is a natural part of life.

Like the seasons, we are constantly evolving, shedding what is no longer needed, and creating space for new possibilities to unfold.

This is a sacred moment to pause, reset, and realign with the path ahead. Come gather in meditation as we honor the closing of old cycles, embrace new beginnings, and awaken the next version of ourselves.



Activating Your Rainbow Lightbody

A Guided Chakra Meditation

Within you exists a radiant spectrum of energy—a living rainbow that connects your physical body with your emotional, mental, and spiritual selves. In this deeply restorative guided meditation, we will journey

through the seven primary chakras, awakening each energy center with breath, color, awareness, and intention.

As we move from the grounding energy of the Root Chakra to the expansive light of the Crown, you'll be invited to release stagnant energy, restore balance, and allow your inner light to flow freely throughout your entire being. Through guided visualization, you'll imagine each chakra illuminating with its vibrant color until your body becomes a brilliant rainbow of living light.

This practice is designed to help you:

- Ground and center your energy.
- Balance and harmonize the seven chakras.
- Release energetic blocks and emotional heaviness.
- Increase your vitality and life force.
- Strengthen your connection to your intuition and higher awareness.
- Cultivate a sense of wholeness, peace, and inner radiance.

Whether you're new to energy meditation or have an established chakra practice, this experience offers a gentle opportunity to reconnect with yourself and remember the vibrant light that already lives within you.

Come relax, receive, and allow your rainbow lightbody to awaken from the inside out.



Astrology Workshop

8-week course

Astrology is the study of patterns in the cosmos & finding the relationship between all things in nature. It is more than a horoscope; it is the pulse of the Universe & how to read it. Evidence of this ancient practice has been noted 25,000 years back.

Because we are a part of nature, this ancient practice is a tool to better understand human psychology & evolution. When noting the patterns between the planets & people, it is easier to recognize how the energies of the planets effect us. We can then use their energies to transcend old patterns and create more consciously in our day to day lives!

Join Laika Earthkeeper and dive deep into your cosmic sky, as she guides you through an educational foundation of learning this ancient practice!

This is an 8 week course. Certification will be granted. Cost is \$199



Scorpio Season SUN Ceremony

Into the Depths

As the Sun journeys through Scorpio, we are invited to descend beneath the surface and meet the parts of ourselves that are ready to be transformed. Scorpio teaches us that true healing doesn't come from avoiding the darkness—it comes from courageously bringing light into it.

Join us for a sacred ceremony honoring the season of death, rebirth, and profound personal transformation. Together, we will create a safe and intentional space to release emotional burdens, old identities, limiting beliefs, and energetic patterns that no longer serve your highest path.

Our evening will include guided meditation, reflective journaling, gentle movement, breathwork, ritual, and a fire or symbolic release ceremony, allowing you to surrender what is complete and create space for renewed purpose and inner power.

Scorpio reminds us that every ending is also a beginning. Just as the phoenix rises from the ashes, we too have the capacity to transform

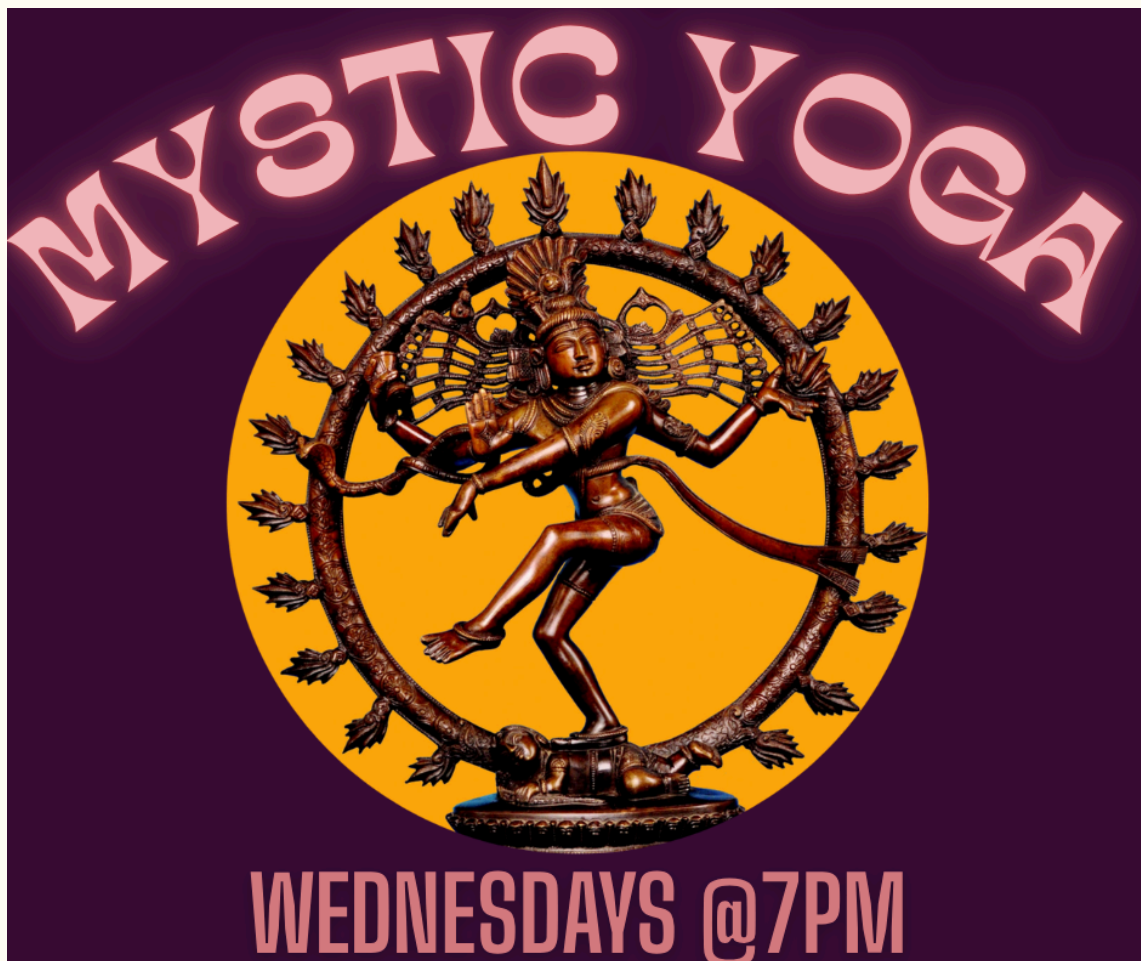
pain into wisdom, fear into strength, and endings into new life.

During this ceremony we will explore:

- The gifts and lessons of Scorpio season
- Shadow work with compassion and curiosity
- Releasing emotional and energetic heaviness
- Transforming fear into empowerment
- Deepening intuition and self-trust
- Honoring cycles of death, rebirth, and renewal
- Setting intentions for your next evolution

Come prepared to let go, trust the unknown, and embrace the powerful transformation waiting within.

COMING IN NOVEMBER:



MYSTIC YOGA

Go beyond the asana.....

Mystic Yoga is a journey into the deeper, more mystical dimensions of yoga — exploring the practices, philosophies, and energetic traditions that often get left out of the modern studio and gym experience.

Yoga is NOT a workout, it is a Work-In. A pathway to the true essence of the Self. Mystic Yoga exemplifies the way Yoga was originally & truly meant to be.

Together, we'll explore Raja Yoga, Tantra, Pranayama, Kundalini Kriyas, mantra and chanting, meditation, mudras, energy work, subtle body practices, and the deeper philosophy of yoga.

Each class may move, breathe, chant, meditate, activate, release, or simply invite you to become still. This is a space to explore yoga as a whole system for transformation — not simply a collection of physical postures.

Come curious. Come open. Come ready to explore the mystical side of your practice.

This is the yoga beyond the yoga.

The teachings beyond the poses.

The practices you may not find in a typical gym or fitness-focused studio.

Mystic Yoga is an invitation to remember that yoga was never just about the body.

Help Us Grow Our Community:

HOW HAS THE YOGA MYSTIC IMPACTED YOU OR YOUR LIFE?!?

WOULD YOU BE SO KIND AS TO GIVE US A GOOGLE REVIEW
& SHARE YOUR STORY?

YOUR STORY HELPS US GROW OUR COMMUNITY!



If The Yoga Mystic has brought something meaningful into your life — whether it's a deeper connection to yourself, a new friendship, a moment of peace, healing, inspiration, or simply a place where you feel at home — we would be so grateful if you took a moment to click the link below to leave us a Google review!

As an independently owned business, marketing is one of the areas I struggle with the most. I can teach the yoga, create the ceremonies, hold space, and build this community... but getting the word out is a whole different story!

Google is one of the biggest ways new people discover local businesses like ours. Every review helps us show up in search results, reach new people, and continue growing this little community we love so much.

So if you have a minute, we would truly appreciate your support. A few words from you can make a BIG difference to a business like ours.

*Thank you for being part of The Yoga Mystic.
Your presence, your support, and your word-of-mouth help keep this community growing.*

GOOGLE REVIEW

Join our Community:

Are you interested in
FREE YOGA?!?

Become a
Karma Yogi

Our Karma Yogi Program is a
simple trade/barter exchange:

Volunteer just 2 hours each
week and receive FREE
unlimited access to all of our
yoga and meditation classes.



Contact The Yoga Mystic @ 574-226-6435

**Become a Karma Yogi
& earn FREE YOGA!**

**We are looking for friendly & dependable humans to join our
community & earn *FREE YOGA!***

Our Karma Yogi program works as a trade system.

In exchange for *only 2 hours per week* of your time you will
receive **FREE UNLIMITED ACCESS INTO ALL OF THE YOGA &
MEDITATION CLASSES!**

Current Shifts we are looking for:

Serious inquiries only please.

Call or Text Laika Earthkeeper at 574-226-6435 to schedule your interview!

Membership Packages



MYSTIC MEMBER

- Unlimited Yoga
- Unlimited Meditation
- Access to The Yoga Mystic App w/ Mantra & Astrology
- Yoga Alliance Certified Teachers
- Distraction-Free Zone
- Community Connection & Safe Space for Autonomy
- Sacred Space & Energy

\$88 per month



BUNDLE

- MYSTIC Membership
- Virtual Membership

\$111 per month



VIRTUAL

- Unlimited Access into our Virtual Library.
- Over 50 pre-recorded Yoga classes
- Guided Meditations
- Guided Yoga Nidras
- Shamanic Journeys
- Astrology
- Ayurveda
- Chakra Education
- Tarot workshop & Certification
- Pranayama Techniques
- and SO MUCH MORE!!!

\$50 per month



Become a Member

Unlimited yoga. One simple membership.

For just \$88/month, unlock unlimited access to every yoga & meditation class we offer—7 days a week, with options for mornings, evenings, and weekends to fit your schedule.

Practice with Yoga Alliance—certified teachers and explore a full spectrum of styles—from Hatha, Vinyasa, Ashtanga, Kundalini, Tantra, Yin, Restorative, and Hot Yoga (Bikram & Baptiste) to guided

meditation, Solar & Lunar Ceremonies, shamanic journeys, and drum circles.

We're proud to be voted the BEST yoga studio in the Michiana area, offering an incredible variety of classes at an accessible price—so you can deepen your practice without limits.

And now, your practice goes with you.....

Download the new Yoga Mystic App right to your phone and have your studio in the palm of your hand. From the app, you can:

- *Browse the class calendar and sign up for classes with ease
- *Receive a daily mantra
- *See the astrological transits of the day and learn what's happening in the cosmos
- *Receive a monthly horoscope for your Sun sign
- *Stay connected to everything happening at the studio

Go beyond the mat with special events, outdoor classes, workshops, yoga philosophy, meditation, and mystical practices, all backed by 15+ years of experience and a nationally accredited yoga school designed to give you a strong, authentic foundation.

This isn't just a membership—it's your path to growth, balance, connection, and transformation.

Join us today and become part of the Yoga Mystic community.



5	CLASSES	~	\$75
10	CLASSES	~	\$120
20	CLASSES	~	\$200

Class Packages

Save money per class!

Discover your flow with our Yoga Alliance–certified teachers and a wide range of classes designed for every level. Whether you're building strength, finding balance, or simply unwinding, we've got a practice for you!

Save more while you deepen your practice:

- 5 Classes – \$75
- 10 Classes – \$120
- 20 Classes – \$200

Invest in your mind, body, and spirit. Join the community everyone's talking about and experience why we're Michiana's favorite yoga destination.

Your mat is waiting.

BECOME A TEACHER:



200HR YOGA TEACHER TRAINING



YOUR LEGACY IS EVERY LIFE
YOU CHANGE FOR THE
BETTER

(574) 226-6435

WWW.THEAWAKENINGREALM.COM

200hr Yoga Teacher Training

Become a BEACON OF LIGHT!

Yoga is so comprehensive we cannot teach it all in a weekly class. Our Yoga Teacher Training will give you the depth & true understanding of Yoga philosophy & practice, and as a bonus you will be certified to teach others if you wish!

Our hybrid model is specifically designed to fit the authentic individual. Our teacher training program meets you where you are, allows you to start when you choose, set your own schedule, receive the healing qualities that come with a sense of acceptance & belonging to a community, and experience a journey that is truly your own.

After all, the ancient texts of the Bhagavad Gita clearly states, "Yoga is the journey of the Self, through the Self, to the Self."

If you are interested in becoming a Yoga teacher we are equipped with 13 years of yogic knowledge, 11 years of teaching experience, and 7 years of being a nationally accredited school. We offer you the freedom to grow into true sovereignty, 30 hours of virtual content, a step-by-step curriculum, experienced Yoga Alliance certified teachers to learn from, 6 private sessions over the 6 month course, unlimited access to all the yoga classes, and a sacred space that is kept highly and divinely protected.

Contact Laika Earthkeeper at (574) 226-6435 to schedule your registration!

Mission Statement

A sacred safe space for all paths;
in service to the evolutionary expansion
of humanity through consciousness.

Creating a genuine, authentic
experience through investigations into
the cosmos, the mind-body-spirit
connection, nature, & ancient
knowledge.

Encouraging, empowering, &
enlightening each individual that seeks
to know thyself & all the secrets of the
Universe.



To live a conscious life is to be intentional about where we place our attention, our energy, and our money. Every choice we make is a vote for the kind of world we want to create. When we support businesses

that align with our values, we help nourish the very things we wish to see grow.

The Yoga Mystic is not your typical yoga studio.

Over the years, I have devoted myself to studying the many dimensions of the human experience—from the physical body to the energetic body, from emotional and psychological well-being to spiritual growth. My intention has always been to understand yoga as a complete path of transformation rather than simply a physical practice. After all, yoga means "to yoke" or "to unite." It is an invitation to bring every aspect of ourselves into greater harmony and wholeness. That understanding has shaped everything we offer at The Yoga Mystic.

*To everyone who has recognized the value of this holistic approach and chosen to make The Yoga Mystic your yoga home, thank you. Your support does far more than keep our doors open—it allows us to continue creating a space for healing, connection, growth, and transformation. Together, we are changing lives, one practice at a time. **Thank you for your contribution.***



THE YOGA MYSTIC

WWW.THEAWAKENINGREALM.COM

220 1/2 South Main Street ~ Downtown Elkhart

(574) 226-6435

