

# Business Connection

*Strengthening the local economy and serving members for 70 years*



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[www.pleasanton.org](http://www.pleasanton.org)

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## Business Spotlight

### Love. Unite. Nourish. Affirm.

**A**t Luna Yoga, they believe everyone can enjoy the benefits of yoga. They offer custom yoga classes in an inclusive space, that meet every student at their level of experience. Learn what LUNA stands for.

#### Love

We are passionate about yoga and want to share it with you. Love is essential to connect with the self, others, and our purpose. We love our students regardless of gender, sexual orientation, religion, etc. Come as you are.



#### Unite

We believe the best within ourselves has the potential to connect with the best in others. This is the meaning of Namaste. That is why we created the Luna Yoga Studio, to unite people and foster healthy relationships with each other.

#### Nourish

We offer yoga classes in dynamic, static, or slow format that honor your physical needs. Reduce chronic pain, prevent injuries, or improve mobility with our nourishing yoga classes for all experience levels.



With the intention to make yoga accessible to all the members of our community, Luna was founded September 14, 2019 in Pleasanton.

#### Affirm

We invite you to take an ongoing journey of self-discovery and mastery. Giving yourself permission to affirm the best in you, the things in life that bring you joy, but also affirming thoughts or habits that hinder the greatest version of yourself.

Yoga is a practice, not an immediate perfection. The practice of mindfulness, body awareness, stress resiliency, and deep personal reflection. Luna Yoga and its teachers are here to help you navigate your practice, and they hope their students can learn to become their own teacher by living their truth on and off the mat. Luna Yoga is located at 647 Main Street in Pleasanton. Learn more at [lunayoga.rocks](http://lunayoga.rocks).