



## SEPTEMBER **YOGA** Issue

One-time Special  
**30% Savings**  
on all  
Advertisements

Be part of this Annual special edition

September **Yoga** Month

**Deadlines Monday, August 14**

**DIRECTORY LISTINGS**  
\$59 w/ photo (Reg. \$84); \$45 w/ display ad

**YOGA TEACHER/STUDIO PROFILES**  
Special offer: \$99 (Reg. \$142)  
Yoga Asana Photo + 75 word Biography

**30% OFF DISPLAY ADS STARTING AT \$99**  
2nd Display ad 50% off; 50% off profile w/ display ad  
1 free profile w/ 1/2 page ad or larger

\* Free Calendar Listings \*

Contact Andrea: 505-999-1319 or Publisher@naturalawakeningsnm.com  
For details and rates go to...<http://naturalawakeningsnm.com/advertise>

**natural awakenings**  
ALBUQUERQUE • SANTA FE • TAOS

### Marketing Options

\* **\$59/reg. \$89** Directory Listings  
25 words + 4 photo + 4 lines of contact info

**BLUE MOON HOT YOGA**  
826 Camino de Monte Rey, A5  
Santa Fe, NM  
Info@bluemoonhotyoga.com  
HotYoga-SantaFe.com



We recognize your face,  
know your name, help you  
improve your practice  
through individual attention.  
Hot Vinyasa Flow, Interval,  
Restorative, more.

\* **\$79/reg. \$110** 2.25 X 2.25 ad

Tired of putting your health in the hands of others?

**Personal Yoga Therapy  
is the answer!**

One-on-one sessions customized for your individual needs.

First session 90 minutes  
**\$75** a \$90 value!  
New Clients Only

Follow on sessions  
\$75/hr. regular price

Contact Laura at  
307-899-3147  
laura@scienceholisticenterprises.com

Science & Holistic  
Enterprises

\* **\$99/reg. \$145** Studio/Teacher Mini Profile w Asana Photo



For many years **Giancarlo Solimano** suffered from chronic back pain from scar tissue that had formed as a result of disc herniations during his twenties. The other factor that contributed to his back pain was his 'inability to go with the flow', Solimano now offers classes, workshops and intensives at Blue Moon Yoga in Santa Fe, and also offers private sessions as well. "I am a living testimony that our bodies can heal themselves.  
For more information on Giancarlo Solimano's classes, visit [HotYoga-SantaFe.com](http://HotYoga-SantaFe.com).

#### One time Savings: 30% off Display Ads

SIZE	30% Disctd. Rate	Monthly Rate	Calendar Listings
Full Page	\$ 665.00	\$950.00	5
1/2 Page	\$ 395.50	\$565.00	5
1/3 Page	\$ 266.00	\$380.00	4
1/4 Page	\$ 185.50	\$265.00	3
1/6 Page	\$ 133.00	\$190.00	3
1/8 Page	\$ 112.00	\$160.00	3
Business Card	\$ 101.50	\$145.00	3

\* **FREE** Yoga Calendar Listings (50 words) with all Ads, Profiles and Directory Listings

# credit card billing authorization

**Natural Awakenings**  
**Northern & Central New Mexico**  
6612 Glenlochy Way NE • Albuquerque, NM 87113  
Publisher@NaturalAwakeningsNNM.com  
505.999.1319

**Please print this form and fax it back to us. FAX: 888.900.6099**  
**DO NOT SEND CREDIT CARD INFORMATION VIA EMAIL.**  
**All requested information is required.**

I authorize *Natural Awakenings* to bill the card listed below as specified:



Amount \$ \_\_\_\_\_ Frequency:  One Time \_\_\_\_\_  
 Monthly \_\_\_\_\_

Start billing on: \_\_\_\_\_ End billing:  On contract expiration  
(Today's date)  One-time charge

Business Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Contact Phone #: \_\_\_\_\_

*Natural Awakenings* accepts the following credit cards:   MasterCard   Visa   AmEx

Credit Card # \_\_\_\_\_ Expiration: \_\_\_\_\_

Name as it appears on Credit Card: \_\_\_\_\_

Billing Address for Credit Card: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

3 Digit Code \_\_\_\_\_ (from signature line on back of credit card)

4 Digit Code for AmEx \_\_\_\_\_ (on front of card)

Cardholder's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**natural**  
awakenings®

# ad sizes & specifications

## Format for Print-Ready Ad

If you are providing print-ready copy, your ad must be submitted in one of the following formats:

- 1) EPS, JPG, PSD or PDF file. All fonts must be embedded and/or attached. Please "flatten" all files before saving. Emailed files must be under 6 MB.
- 2) Adobe Acrobat® PDF file, distilled from InDesign as 'Press Quality' with all fonts embedded. Microsoft Word or Publisher files are not accepted as print-ready ads.
- 3) Native application files: InDesign files with "ALL 300 dpi files needed for remote printing." This should include the original one-page InDesign file, any linked 300 dpi graphics and all fonts. Adobe Illustrator files saved as EPS with embedded photos & art. All fonts converted to outline and set at 100% black. Adobe Photoshop files saved as flattened JPG or PSD, at 300 dpi & CMYK.

## Photos and Graphics

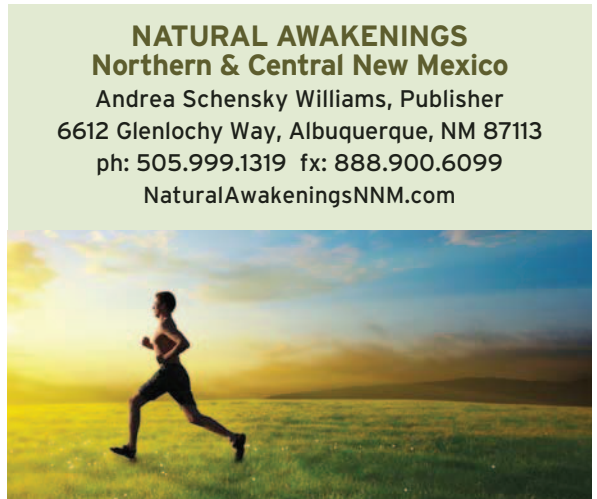
Be sure to include any photos or graphics in one of the following formats as an email attachment. Graphics embedded into word documents are not acceptable.

- 1) Digital photos (JPG or TIFF) unretouched "right out of the camera" are preferred.
- 2) Professionally printed photos scanned at 300 dpi. TIFF, EPS, PDF or JPG windows format accepted.
- 3) Professionally printed photos (to be scanned).

**No computer-printed material or website images are accepted.**

Please send all advertising files and digital graphic files to:

**[Publisher@NaturalAwakeningsNNM.com](mailto:Publisher@NaturalAwakeningsNNM.com)**



<p>full page bleed bleed size: 8.75 x 11.25 trim size: 8.25 x 10.75 live area: 7.5 x 10</p> <p>full page no bleed 7.5 x 10</p>	<p>2/3 page vertical 4.75 x 9.75</p>	<p>half-page vertical (2-column) 3.5 x 9.75</p>	<p>1/3 vertical 2.25 x 9.75</p>	<p>1/6 vertical 2.25 x 4.75</p> <p>1/8 2.25 x 3.25</p> <p>1/4 vertical 3.5 x 4.5</p>
<p>2/3 page horizontal 7.5 x 6.25</p>	<p>half-page horizontal 7.5 x 4.5</p>	<p>1/3 horizontal (3-column) 7.5 x 3.25</p>	<p>1/4 horizontal (3-column) 7.5 x 2.25</p>	<p>1/6 horizontal 4.75 x 2.25</p>
<p>half-page vertical 4.75 x 7</p>	<p>5/12 4.75 x 5.75</p>	<p>1/3 horizontal (2-column) 4.75 x 4.5</p>	<p>1/4 horizontal (2-column) 4.75 x 3.25</p>	<p>3.5 x 2 business card</p> <p>2.25 x 2.25 1/12</p>