



FinnSisu
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FinnSisu Spring Sauna Sale-Hot Saunas and Hot Grills

Saturday May 21 from 10am to 4pm, FinnSisu will host the Inaugural Spring Sauna Sale.

Whether you're looking to buy a new sauna, you're thinking about getting a sauna, you're just curious about saunas, or you simply want a good excuse to come hang out with fun people; the Spring Sauna Sale will be an event not to be missed!

-Operational Saunas-with the heat cranked up-don't forget to bring your sauna clothes!

-Free Grilled Food and Cold Beverages

-Great "Scratch and Dent" Offers

-Free Hourly Sauna Seminars (see details below)

-Summer train deals including Marwe Rollerskis and Trail Running Shoes, Clothing, and Gear

-Great selection of winter clothing at great prices

Sauna Seminar Schedule

-11am: Infrared and Traditional Saunas: Which is better?

"The better one is the one you will use."

-1pm: Saunas Then and Now: Intro to *The Opposite of Cold* with photographer Aaron Hautala

The book's author Michael Nordskog: "When I saw his photographs, I felt like I was seeing the structure — which I've known all my life — for the first time."

-2pm: Why Sauna and Why Now: Wellness Benefits

<http://www.finnleo.com/pages/health-and-wellness.aspx>

-3pm: How to Build a Sauna

Matt Bergstrom from Finnleo will give you all the details to create your ultimate sauna experience!

Want more great sauna info? <http://www.finnleo.com/blog/>

Please call FinnSisu with any questions at (651)645-2443