

Yoga Asana (poses), **Pranayama** (breath), and **Meditation** take each class into the ever-deepening mystery of the present moment. All levels are welcome. Classes are designed to meet each student where they are, challenge their edges, inspire creativity and align a little deeper in Love

Yoga Nidra invites complete relaxation while remaining awake and aware on deep levels. It is dessert, sweet release, and a healing savasana for taught nerves, overwork, and emotional stress.

Belede, the ancient art of belly dance, arises as we listen to our inner music. Our movements become alchemy. Students are encouraged and inspired to embody their own unique dance.

*The **Initiation**, Journey of Heart, a portal to the mystery in each moment through the alchemy of dance.

Trance Dance & Drum for Men

To awaken to the elemental qualities of the Sacred Masculine

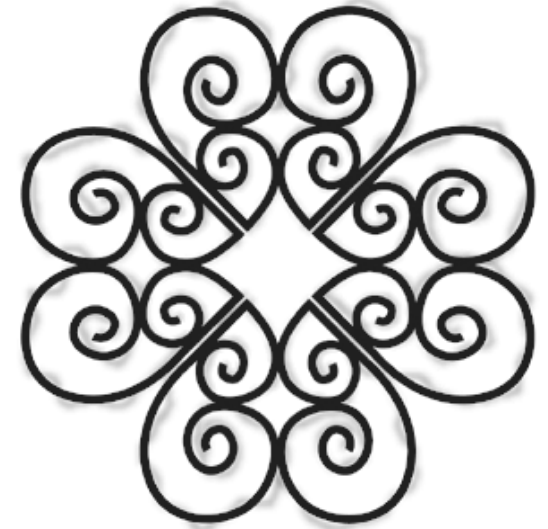
Kirtan Chanting an ancient participatory music experience, calls upon sacred energies to quiet the mind, remove obstacles and bring us back to the center of our being. No experience required, just sing with your whole heart.

To support your evolution into wholeness:
Private sessions are available; please email
Rose Ma to arrange your appointment.

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Winter 2012

Monday

Yoga - asana
12:00 – 1:00pm

January 2 – March 26

No Class – January 9, February 13

Yoga - asana
6:30 – 8:00pm

January 2 – March 26

No Class – January 9, February 13

Meditation

prior to the Monday Classes

11:15 – 11:45am
5:45 – 6:15 pm

*All are welcome to a sitting
practice of silence.*

Tuesday

Meditation

The Practice of Moving into Stillness

12:00 – 1:00pm

January 3 – March 27

Wednesday

Beléde

Journey of Heart

The Initiation Portal

7:00 – 8:30pm

January 11, 18, 25

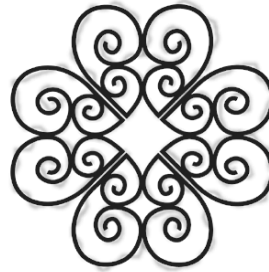
February 15, 22, 29

March 14, 21, 28

*No Class – December 28, January 4,
February 1 & 8, March 7*

Trance Dance & Drum for Men

January 4, February 8, March 7



Thursday

Yoga - asana

10:00 – 11:30am

January 5 - March 29

No Class – February 2

Yoga Nidra

6:30 – 7:30pm

January 19, February 23, March 22

Saturday

**Traditional Free Class*

Yoga - asana
9:00am

James & Rose

No Class – February 11, March 17

Sunday

Kirtan & Drumming

7:00 – 8:30pm

January 15

February 26

March 25

April 22

All classes are offered as Seva

*The practice of Seva is Selfless
Service – Love in Action.*

*Students are invited to make a
donation \$ as well as a heartfelt
commitment to give service in the
world*

Om Namah Shivaya

Rose Ma