

October 25, 2016



*A Studio Like None Other*

"Our work is to chisel away at everything that is not essence, not Self."

Living Your Yoga, by Judith Lasater

## Class Schedule

### Meet our newest teacher: Hari-kirtana das



Hari-kirtana das is registered as an E-RYT 500 yoga teacher with Yoga Alliance, received an 800-Hour certification from Jivamukti Yoga, and is the author of the upcoming book, *In Search of the Highest Truth: Adventures in Yoga Philosophy*. A life-long student of yoga, meditation, and eastern spiritual philosophies, Hari-kirtana lived full-time in devotional yoga ashrams and intentional spiritual communities from 1977 to 1982. He was formally initiated into the Gaudiya Vaisnava lineage of Bhakti Yoga in 1978 and began teaching vinyasa yoga classes in 2009. Find out more at his website, [hari-kirtana.com](http://hari-kirtana.com)

**Wednesdays**

# Hatha I

1:45 pm - 2:45 pm

## Upcoming Workshops



### **Yoga Nidra** with Neva Ingalls Friday, October 4th 6 pm - 7:15 pm

Relax your mind, and your body through this guided meditation.

Research has shown that Yoga Nidra is a valuable addition to therapy for stress and anxiety related illnesses.

**Members, \$20.00**

**Non-Members, \$25.00**

**Students, Seniors, WYC staff, \$15.00**

**At the door, \$30.00**



### **Partner Yoga** with Rhiannon Landesberg Sunday, October 6th 1 pm - 3 pm

Individuals and couples are encouraged to attend with an open and playful heart! We will move through basic partnering techniques in order to relax and deepen flexibility, while building a sense of trust and community. This workshop will combine elements of yoga, dance, acro yoga and thai massage.

**\$25 per person**

**\$40, couples**

## Yoga and Living Well



## What is the definition of OM?

Sometimes we chant OM at the beginning of class, sometimes at the end? Have you ever wondered *just what exactly are we chanting?*

[What is the meaning of OM?](#)



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