

special class ~ spring 2017



special class

date	friday
	4/21 & 5/19
time	630-730 pm
price	\$30 <i>for both</i>
	\$20 <i>for one</i>

sacred sounds

sutras & silence - mantras & meditation

chanting in a yoga class allows for us to bring our energies and intentions together before and after our practice. the sanskrit language - each letter and tone - is considered sacred, directly affecting this energy, the cosmic and our own.

in this 2-part class, experience the healing, vibrational sounds of the sanskrit language by chanting the first chapter of patanjali's yoga sutras (on 4/21) and some common mantras and invocations (on 5/19). each class is followed by a quiet seated meditation to turn in and tune in to the power this practice can offer.

no previous experience required; handouts given to follow along

with myra dionisio

myra is co-owner of yoga source and a certified iyengar yoga teacher. with over 13 years of teaching experience, she is first and foremost a beginner student at heart. by studying and observing the self through asana, pranayama and meditation, she encourages her students to develop the sensitivity and intelligence of body, mind and breath as a way to find freedom in their lives.



 **yoga source**
inspiration for transformation
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to register:
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