

# NOVEMBER

## SPECIAL EVENTS

### NOV 2 - PLEASE BREATHE: BREATH IS KINETIC - 6:45PM

Move and explore the sensations and intuitions of the body. w/ Sonya Barriere

### NOV 3 - FIRST FRIDAYS ECSTATIC DANCE - 7PM

A barefoot, substance-free, live DJ get-down dance party.  
w/ Aaron Musicant & Ean Golden

### NOV 4 - MEDITATE & CREATE - 2PM

a creative journey with a slow, meditative art project that is designed to access your intuitive creative voice. w/ Kathy Leader

### NOV 4 - KIRTAN & CACAO - 7PM

Kirtan, a cacao ceremony, and heart-centered infused spiritual teachings woven together create a magical, uplifting experience. w/ Darren Marc

### NOV 5 - SUNDAY SOUND SERIES:

#### 432HZ FLOATING SOUND MEDITATION - 4 PM

Float or Ground for this powerful sound meditation.  
w/ Shane Thunder

### NOV 9 - PLEASE BREATHE SERIES:

#### EMBODIED BREATHWORK - 6:45PM

Embodiment practices to and guided Connected Breathwork practice.  
w/ Chantal Peterson

### NOV 10 - BAREFOOT BODY CARE

Give and receive a mashing (barefoot-massage) with your partner while learning about the benefits and techniques of the work.  
w/ Luca Cupery

### NOV 11 - INSIGHT SERIES: GRATITUDE & GENEROSITY - 2PM

An uplifting afternoon of meditation, movement and inquiry exploring how the practice of giving thanks leads to ease and delight.  
w/ Suzanne Marlow & Traci Reitz

### NOV 12 - SUNDAY SOUND SERIES:

#### INTUITIVE SOUND BATH - 4PM

Transformational sound medicine. w/ Lauren Barker

### NOV 16 - PLEASE BREATHE:

#### AYURVEDIC BREATHWORK - 6:45PM

A deep dive into various practices of Yogic Breathwork called pranayama through lens of Ayurveda. w/ Dr. Anuprao Mulakaluri

### NOV 17 - AUTHENTIC RELATING GAMES - 7PM

A hands-on taste of both the joy and skills of Interpersonal connection.  
w/ Damian Gallagher

### NOV 18 - MOVEMENT MEDICINE: CHASING PAIN - 1 PM

Take time to connect with your body and lean toward the parts that hurt-building a trusting relationship with the vessel we are in. Utilizes an integration of breathwork, yoga, stretching, calisthenics, and dance modalities. w/ Nikki Zimmerman

### NOV 19 - BREATHE THROUGH THE HOLIDAYS - 1:30PM

Tantric Meditation and Breathwork class to center and ground the body through the holidays. w/ Cynthia Abulafia & Dora Chan

### NOV 19 - SUNDAY SOUND SERIES:

#### HYPNOSIS SOUND MEDITATION - 4PM

A reiki-infused flowing soundscape leading to deep compassion.  
w/ Danielle Elese

### NOV 23 - ANNUAL THANKSGIVING DAY BENEFIT CLASS - 9AM

Join Suzanne Marlow and Eddie Ellner in a Thanksgiving veneration of life and community. w/ Eddie Ellner & Suzanne Marlow

### NOV 25 - IMAGINE FREEDOM:

#### IYENGAR YOGA INTENSIVE - 2PM

Join California's most experienced Iyengar Yoga teachers for monthly workshops that will guide, intrigue and inspire. w/ Christine Stein

### NOV 25 - AERIAL RESTORE

#### WITH SENSORY THERAPY- 3:30 & 5:30PM

A unique opportunity to swing, stretch, play, and surrender in the support of Aerial yoga hammocks, utilizing sensory science to deepen practice.  
w/ Avatara Levine

### NOV 26 - SUNDAY SOUND SERIES:

#### GONG YOGA NIDRA - 4PM

A powerful restorative yogic practice. w/ Mitsuko Newlan

### NOV 26 - YINTENSIVE

Go a little deeper into the stretch of connective tissue paired along with therapeutic suggestions in working with our mind and the traumas that have left wounds on the heart. w/Suzanne Marlow

### NOV 30 - PLEASE BREATHE SERIES: BREATH & SOUND - 4PM

Breathwork and sound healing are two potent practices and, when fused, can be incredibly transformative. w/ Madeleine Pizey & Danielle Elese

### JOIN US FOR MORNING MEDITATION

#### EVERY WEEKDAY @ 8AM

Mondays - Women's Circle Meditation

Tuesdays- Tantric Meditation

Wednesdays - Elemental Meditation

Thursdays - Insight Meditation

Fridays - A Meditation in Process



<<SCAN CODE TO GO TO OUR REGISTRATION WEBSITE.

\*\*\*ADVANCE REGISTRATION HELPS THE STUDIO AND OUR TEACHERS PLAN EVENTS AND IS GREATLY APPRECIATED. THANK YOU.

