

# JANUARY SPECIAL EVENTS

## **JAN. 6 - FIRST FRIDAYS ECSTATIC DANCE**

A barefoot, substance-free, live DJ get-down dance party. (1st Fridays)  
w/ Aaron Musicant & Ean Golden

## **JAN. 7 - GET STRETCHED**

Explore resistance, flexibility, and strength through stretching. (1st Saturdays)  
w/ Luther Bryan

## **JAN. 7 - KIRTAN AND CACAO**

Kirtan, a cacao ceremony, and heart-centered infused spiritual teachings woven together create a magical, uplifting experience. (1st Saturdays)  
w/ Darren Marc

## **JAN. 8 - GONG YOGA NIDRA**

A powerful restorative yogic practice. All that is required of you is to lie on your back, listen, and relax.  
w/ Mitsuko Newlan

## **JAN. 10 - EMBODIED BREATH & SOUND BATH**

Experience of the powerful combination of Breathwork and Sound Bath medicine.  
(2nd Tuesdays)  
w/ Lauren Barker & Chantal Peterson

## **JAN. 12 - CONVERSATIONS ON A COURSE IN MIRACLES**

A book club style conversation about the principles and practice of  
A Course in Miracles.  
w/ Jeffrey Berke

## **JAN. 13 - RAGA SOUND MEDITATION & SATSANG**

Please join us to dive into the ocean of Ancient Vedic sounds and vibrations through Ragas that will heal your body, calm your mind, and connect with the Self.  
w/ Pandit Balmiki Sharma & Prabhakar Prasad

## **JAN. 15-29 - LEARN PRIMORDIAL SOUND MEDITATION**

Primordial Sound Meditation is easily learned in a series of 3 classes during which we will learn the basic principles of meditation, its history, and its importance.  
w/ Kelly Heath

## **JAN. 17 - EMBODIED BREATHWORK**

Embodiment practices to ground our bodies, moving into a guided 45 minute  
Connected Breathwork practice. (3rd Tuesdays)  
w/ Chantal Peterson

## **JAN. 20 - AUTHENTIC RELATING GAMES**

A hands-on taste of both the joy and skills of interpersonal connection.  
(3rd Fridays)  
w/ Damian Gallagher

## **JAN. 21 - THE EMBODIED PRACTICE**

YES, it's an asana practice, and so much more.  
w/ Nikki Costello

## **JAN. 21 - CHANNELING THE DIVINE THROUGH SONG**

A night of music, mantra, magic, and healing. Come home to your inner divinity and remember who you are through the power of sacred sound and music as medicine.  
w/ Kyle Nicolaides

## **JAN. 22 - HYPNOSIS SOUND MEDITATION**

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

## **JAN. 22 - YINTENSIVE**

Relieve stress, rejuvenate the body, refresh the mind. (4th Sundays)  
w/ Suzanne Marlow

## **JAN. 24 - BREATH & SOUND**

Breathwork and sound healing are two potent practices and, when fused, can be incredibly transformative for oneself. (4th Tuesdays)  
w/ Madeleine Pizey & Danielle Elese

## **STARTING JAN. 27 - 5RHYTHMS SERIES**

The 5Rhythms® is an awareness practice rooted in the principle that if you put the body in motion it will heal itself. In this 5 part series we will take a deep dive into exploring each rhythm. (4th Fridays)  
w/ KiaOra Fox

## **JAN. 28 - THE BUDDHA'S PATH TO WELLBEING**

The Buddha's Eightfold Path is a guide to living with happiness and ease. Through Dharma teachings, meditation and group inquiry we will investigate how it feels to walk this path.  
w/ Suzanne Marlow & Traci Reitz

## **JAN. 29 - REIKI & SOUND BATH**

Join Darren Marc and Danielle Elese for a transformational sound bath with reiki energy healing.  
w/ Darren Marc & Danielle Elese



<<SCAN CODE TO GO TO OUR EVENTS REGISTRATION WEBSITE.

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

