



Namaste, ***** HAPPY 1ST BIRTHDAY TO CASA AYURVEDA *****

This past year has flown by as we celebrate CA & Y first birthday. We have been steadily building our Casa one student at a time. What incredible first year full of new life lessons! We have an amazing team of teachers, practitioners, & guest speakers. Each one highly qualified in sharing their passion for the healing arts and yoga.

Yoga means to yoke. To create a union with our own self, & others in our community. Some of this past year's highlights include:

- Gong Sound Baths with Angela Soriano, Pete Lee, & Fabian Rodriguez
- Monthly workshops on Ayurveda mindful eating, diet & lifestyle, DIY beauty solutions, green cleaning tips, etc.
- Yoga classes on mudra hand gestures & Koshas
- Monthly Full Moon meditations to honor its unique healing energies
- Italian yoga class & movie night

As a science of life, Ayurveda encompasses diet, lifestyle, yoga, meditation, breath work, medicinal herbs along with cleansing & rejuvenation programs for healing the body, mind, & spirit. Through this ancient holistic system from India, we learn ways to balance & manage our stress, to create the peace we are striving for in our daily lives.

A special thanks to Ashlee Blosser for her creativeness, organizational skills & implementing Mindbody. Mary Chan for business consulting & editor of our newsletters & flyers. It has taken the entire staff (Killian, Lorrie, Megan, Sasy, Sylvia, Cynthia & Michelle) & community to get us to this point. I would like to say a big "THANK U" to Tory & Mollie who have helped shaped Casa from the beginning. I wish them joy & success in their new ventures... & a special thanks to Rosie Good for her inspiration and teachings.

I see many of you getting stronger in your practice, while some of you are getting that Ayurveda glow by changing your lifestyle & your mindfulness and focusing on loving & caring of yourselves first. Healing & forgiveness begins with YOU & only YOU...along with new energies, holistic ideas, & notable events that are gradually transforming San Pedro, our special seaside town. Come and visit us at the Casa.

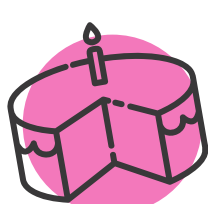
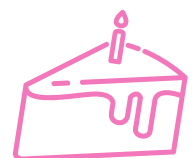
With all my love, Vivian Blanco

Our June Price list: For DADS & GRADS (HS & colleges): an additional 10% discount:

1. 5 class pass for \$65 with a 60-day expiration, starting at the day of purchase
2. Monthly unlimited classes is \$85
3. Drop ins at \$15
4. NEW STUDENTS ONLY: \$ 30 for first 15 days



ATTENTION STUDENTS: Please download & use the MINDBODY FITNESS app on your smart phones/devices to book your classes & Ayurveda appointments :D



JUNE SCHEDULE

HATHA, KUNDALINI, & THERAPEUTICS YOGA CLASS SCHEDULE (SUBJECT TO CHANGE)

MON	TUES	WED	THUR	FRI	SAT	SUN
9-10.15 A CLASSICAL PILATES w/ JOANNE	7.30-8.45 A WAKE UP FLOW w/ MEGAN	11 A-12.15 P STRENGTH & FLEXIBILITY w/ SASY	9-10.15 A BEG-INT HATHA FLOW w/ MEGAN	11 A-12.15 P STRENGTH & FLEXIBILITY w/ SASY	8.30-9.45 A KUNDALINI YOGA w/ SYLVIA	9-10.15 A ALL LEVELS HATHA FLOW w/ KILLIAN
11 A-12.15 P ALL LEVELS HATHA FLOW w/ KILLIAN	9-10.15 A BEG/INT HATHA FLOW w/ MEGAN	4-5.15 P YIN IN THE AFTERNOON w/ SASY		4-5.15 P YIN IN THE AFTERNOON w/ SASY	10.30-11.45 A ALL LEVELS HATHA FLOW w/ KILLIAN	10.30-11.45 A ALL LEVELS HATHA FLOW TBA
6-7.15 P HEALTHY BACK CLASS w/ LORRIE	11 A -12.15 P STRENGTH & FLEXIBILITY w/ SASY	6-7.15 P PRIME OF LIFE (TM) w/ LORRIE	5.30-6.45 P UNWIND YOGA w/ ASHLEE	6-7.15 P RESTORATIVE FUSION YOGA w/ LORRIE		
7.30-8.45 P KUNDALINI YOGA w/ SYLVIA	5.30-6.45 P UNWIND YOGA w/ ASHLEE	7.30-8.45 P STRESS & ANXIETY RELIEF w/ SASY	7-8.15 P 14th & 28th only BEG/INT HATHA w/ ASHLEE			
	7-8.15 P PRANAYAMA & MEDITATION w/ SASY					

SUMMER VEGETABLES MEDLEY



A good start for the summer for tridoshic energetics and bones and joints. It is ok to skip certain ingredients, but this will alter the taste and outcome. **ENJOY 4 servings**

INGREDIENTS

4 cups cut vegetables (green pepper, green beans, zucchini, yellow squash, etc.)
 2 tablespoons ghee or safflower oil
 1/2 tsp. cumin seeds
 1/2 tsp. black mustard seeds
 1/4 tsp. ajwan seeds
 1/2 tsp. masala powder or cayenne
 1/4 tsp. turmeric
 1 pinch hing (asafoetida)
 1/2 tsp. salt

PREPARATION

Wash, trim and cut the vegetables into bite-sized pieces. Try cutting each vegetable into a different shape for a nice visual effect.

Heat a deep frying pan on medium heat and add the oil or ghee, then the cumin seeds, mustard seeds, ajwan, and hing.

When the seeds pop, add the masala or cayenne and turmeric. Stir briefly, then put in the vegetables and salt. Stir to coat them thoroughly with the spices.

Turn down the heat to low and cover. Stir after 5 minutes.

Continue cooking on low for another 15 minutes or until the vegetables are just tender.

EVENTS + WORKSHOP

2 Sat | 1-3 P

Circle of Women's
Healing Power, Part 1
w/ Assia Alimbekova
Donation based

9 Sat | 1-3 P

Circle of Women's
Healing Power, Part 2
w/ Assia Alimbekova
Donation based

23 Sat | 2-4 P

Ayurveda 101
Planning Seeds of Change
w/ Cynthia C. & Vivian B.
Free

24 Sun | 1-3 P

Summer Solstice Gong Bath
w/ Angela S
Donation based

27 Wed | 7:30 P

FULL MOON MEDITATION
w/ Sasy Cacace
\$15 sug. donation

THANK
YOU
DAD