

# MAY SCHEDULE

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

MON	TUES	WED	THUR	FRI	SAT	SUN
8.30-9.45 A BEG GENTLE YOGA w/ VIVIAN	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/ MOLLIE	10.30-11.15 A ALL LEVELS HATHA FLOW w/ KILLIAN	10.30-11.45 A INT HATHA FLOW w/ MOLLIE
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 BEG GENTLE 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 BEG GENTLE YOGA w/ ASHLEE	7.30-8.45 P STRENGTH & FLEXIBILITY w/ SASY	7-8.15 P 3th/17th/31th only BEG/INT HATHA w/ ASHLEE			
	7-8.15 P PRANAYAMA & MEDITATION w/ SASY					

### EVENTS + WORKSHOP

06 Sun | 7 P

CRYSTAL BOWLS & GONG  
SOUND BATH  
w/Fabian Rodriguez  
\$20

12 Sat | 2-4 P

AYURVEDA 101  
w/ Vivian Blanco  
free

19 Sat | 2-4 P

KOSHITA - SUBTLE  
ENERGIES OF YOGA  
w/ Sasy Cacace  
\$15 sug. donation

29 Sun | 7 P

FULL MOON MEDITATION  
w/ Sasy Cacace  
\$20 sug. donation



### STEAMED ASPARAGUS & BOY CHOY W/ TAHINI & TARRAGON SAUCE

#### Ingredients & Instructions for Tarragon sauce

- 1 bunch asparagus, trimmed
- 4 stalks baby bok choy
- +2 Tbsp. chopped fresh tarragon leaves or 2 tsp. dried tarragon
- +2 Tbsp. tahini
- +3 tsp. freshly grated ginger
- +1/2 tsp paprika
- +2 tsp lemon juice
- +1/2 tsp brown rice syrup or maple syrup

1) Bring water to a boil in a steamer or in a saucepan with a steamer insert. Add the asparagus & bok choy, cover, & steam until the vegetables are just tender when pierced with the tip of a small, sharp knife, approximately 5 to 10 minutes depending upon the thickness of the asparagus.

2) While the vegetables are steaming, prepare the sauce. Place all the sauce ingredients in a mixing bowl. Whisk until smooth.

3) To serve, arrange the hot vegetables on a serving platter. Pour the tarragon sauce over them.

Pitta substitute mint for tarragon

Kapha Add 1/2 tsp mustard powder and tiny pinch of cayenne powder

Dairy and gluten free



## GIVING THANKS & GRATITUDE TO ALL FEMININE ENERGIES FOR MOTHER'S DAY INTRODUCING OUR LATEST TEACHER:

Megan began practicing yoga 10 years ago as a senior in college when a friend suggested a class. Coming from a competitive sports background, yoga created a new challenge for her to accept, release, & sit. After she graduated, she started attending classes 4-5 times a week which lead her to complete her first teacher training in 2010 with Najla Coury Barile & Chappy Foote. There she gained her 200-hr RYT with Yoga Alliance.

Since then, she has taught throughout the South bay & gained certifications in Kids Yoga, Yoga Meets Dance, and an additional 300-hr training. Her desire as a teacher is to help guide students to a place of freedom in their own bodies. The possibility of feeling a muscle that you didn't know was there or opening a new part of you is really exciting to her. It's a wonderful feeling to leave a class in a blissful state feeling open and ready for whatever the world has in store for you. Join our Mother of 1 on the mat.



### Our Price list:

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