



Namaste to all. Happy Birthday U.S.A.

Summer is here, we must be mindful to hydrate and keep cool this season. Drink plenty of water, coconut water, & add cucumber slides for a refreshing cooling drink to help keep our Pitta in control (You are invited to attend our Ayurveda 101 workshop to find out more about Pitta, Vata, & Kapha energies in Ayurveda).

We have a couple of new events & changes:

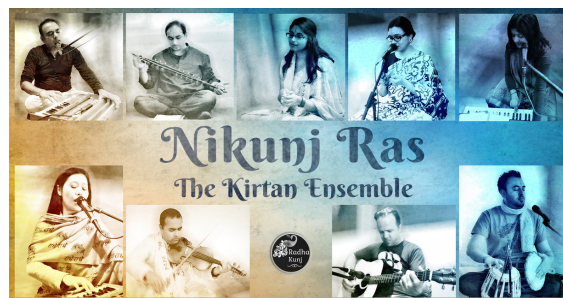
Lorrie Denning is on a 2-month hiatus. Ms. Kimberly Tom will substitute for the Mon & Wed classes. Friday Restorative class will be taught by Vivian & sub. teachers.

We are introducing Kirtan concerts with Kikunji Ras, a Kirtan ensemble every last Sunday in July, August, & September. The special events starts 5.30 - 8.15 pm with vegetarian foods and drinks. This starts with a 45 minute music session, 45 minute meditation led by Sasy, ending with 45 minute kirtan music. Please come and experience the good vibes with us...



FEATURE ARTICLE

WHAT IS KIRTAN ?



Kirtan is a Sanskrit word that means "narrating, reciting, telling, describing, to cut through" of an idea or story. It is a genre of religious music performance, applying a form of narration or shared recitation, particularly of spiritual ideas. Based on Vedic roots, a kirtan is a call-and-response style song or chant, set to music, wherein multiple singers recite or describe a legend, or express loving devotion to a deity, or discuss spiritual ideas.

Many kirtan performances engage the audience where they either repeat the chant, or reply to the call of the singer. It may include dancing or clapping with audience participation. A Kirtan includes an accompaniment of regionally popular musical instruments, such as the harmonium, the veena or ektara (forms of string instruments), the tabla (one-sided drums), the mrdanga or pakhawaj (two-sided drum), flute (forms of woodwind instruments), and karatalas or talas (cymbals).

The music concert can be a way to create and move us to another level of energy and emotions while connecting with our souls. Singing is the heart of Kirtan while all voices merging together to become one voice. *Come join us in experiencing this ancient practice.*

Our Price list: we offer Military & Students an extra 10% discount with proof of ID

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

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

MON	TUES	WED	THUR	FRI	SAT	SUN
9-10.15 A CLASSICAL MAT PILATES w/ JOANNE	7.30-8.45 A WAKE UP FLOW w/ VIVIAN	11 A-12.15 P STRENGTH & FLEXIBILITY w/ SASY	9-10.15 A BEG-INT HATHA FLOW w/ TBA	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/ TBA	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 w/ TBA
6-7.15 P HEALTHY BACK CLASS w/ KIMBERLY	11 A -12.15 P STRENGTH & FLEXIBILITY w/ SASY	6-7.15 P PRIME OF LIFE (TM) w/ KIMBERLY	5.30-6.45 P UNWIND YOGA w/ ASHLEE	6-7.15 P RESTORTATIVE YOGA w/ ELIZABETH		
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 PRANAYAMA & MEDITATION w/ SASY					



EVENTS + WORKSHOP

7 Sat | 9 A - 12 P

Blissful Meditation:
3-Part workshop focusing on the Awakening the Third Eye Chakra
w/ Dr. Omanand
\$ 40 (inc. light veg. lunch)

21 Sat | 2-4 P

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

27 Fri | 7:30 P

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

29 Sun | 5.30 - 8.15 P

Kirtan Concert
w/ Nikunj Ras Ensemble
(inc. food & refreshments)
Donation based

Introducing our Special Pilates Instructor:
Joanne Higgins



I first discovered Pilates 11 years ago, I stumbled into a Mat Pilates class and was humbled by my lack of abdominal strength. Although I spent several years practicing various forms of exercise, Pilates was foreign to me, I thought of it as the workout of dancers and gymnast, but it challenged my body in a way it had never been before. Years later, I'm still practicing and teaching with the same enthusiasm that accompanied my first 100 position.

I became a certified instructor in 2003 through Stott's Pilates and worked at several gyms around Los Angeles. The variety of bodies I taught helped me further define my practice. This led me to discover "classical Pilates." In 2004 determined to teach the fundamentals of a classical form, I recertificated with Power Pilates out of New York City and through their comprehensive program I acquired a systematic integrative approach to Pilates training. My goal in each class is to acquaint the student with the core muscles and in doing so change the body.

Please join her on the mat every Monday mornings 9 am at the Casa.