



A Weekend of 10 Yoga Flavors:  
**Friday, February 17<sup>th</sup> to  
 Sunday, February 19<sup>th</sup>**

**Come in from the cold to try  
 a flavor or two of Yoga!  
 Complimentary soup served  
 between sessions.**

**\$75 for a full weekend pass. Sessions  
 also priced individually below.**

**Register online at  
[www.yogamandali.com](http://www.yogamandali.com)**

**Save \$85  
 with the full  
 weekend  
 pass!**

**Classes are open to all levels!**

If you are new to yoga, let the instructor know  
 and modifications for poses will be offered.

### Friday, February 17<sup>th</sup>

6-8pm / \$20

**Sthira Sukham Asanam: The Mothership  
 Connection**

**Jivamukti Yoga® with John Smrtic**

In Yoga Sutra, Master Patanjali advises that as a step toward being a yogi, the asana, or seat, should be steady and joyful. Asana has become known as the posture practice that we engage in during class. But in Jivamukti Yoga, the traditional definition of asana as "seat" is used as the foundation of the method and the root of spiritual activism. The seat provides a connection to the earth, so Patanjali is advising us that our relationship to the earth and all beings should be steady, joyful and mutually beneficial. A discussion of the roots of "asana" and its meaning to us as modern practitioners will melt into an uplifting and rigorous extended format Jivamukti Yoga class accompanied by an always inspired Bhakti Groove playlist.

**Already have a class  
 card with us? Use it  
 for any of the regularly  
 priced yoga sessions!**

*Excludes Friday night Jivamukti and  
 Sunday afternoon Kundalini sessions.*

### Saturday, February 18<sup>th</sup>

7:30-9:00am / \$15

**Ashtantga Yoga (Primary Series) with  
 Heather Dacus**

Ashtanga classes consist of a set series of poses linked by Vinyasa and synchronized with the breath to produce intense internal heat and purifying sweat. Classes are vigorous and challenging.

9:30-11:00am / \$15

**Vinyasa Yoga with Heather Dacus**

Vinyasa Yoga is a flowing, natural sequence of postures connecting each movement with unifying breath, bringing balance between ease and effort.

11:30am-1:00pm / \$15

**Anusara Inspired Beginner Yoga with  
 Edie Swensen**

Anusara yoga is a school of hatha yoga which unifies a life-affirming Tantric philosophy of intrinsic goodness with precise bio-mechanical principals of alignment.

2:00-3:30pm / \$15

**Kripalu Yoga with Nini Gridley**

Kripalu is a free flowing form of yoga that is as much a meditation in motion as it is a series of asanas. This practice supports relaxation and healing.

4:00-5:30pm / \$15

**Jivamukti Yoga with Margaret Thompson**

Jivamukti Yoga is a physically vigorous yoga practice consisting of flowing vinyasa sequences partnered with chanting, teachings and commentary, breath awareness, meditation, hands on alignment, and relaxation.

### Sunday, February 19<sup>th</sup>

7:30-9:00am / \$15

**Power Vinyasa Yoga with Ann Biasetti &  
 Jenn Gerber**

(Tapas Flow) An adaptation of the Vinyasa practice of yoga, building heat in the body and strengthening the core. You will leave feeling alive and invigorated!

9:30-11:00am / \$15

**Sutra Sunday Sadhana with  
 Beth Mausert**

This Vinyasa Flow Yoga Class is the the perfect way to begin your day as Beth weaves a theme from the Yoga Sutra's through the practice.

11:30am-1:00pm / \$15

**Yin Yoga with Mary Hoover**

Yin yoga is a compliment to a vigorous (yang) yoga practice. It doesn't replace it. All postures are done on the floor and held for several minutes to gain access to the deep connective tissue of the spine, pelvis and hips.

2:00-4:00pm / \$20

**Kundalini Yoga with Danielle &  
 Esmond Lyon**

In Kundalini Yoga, exact specific effects are achieved through postures(asanas), breathing (pranayama), hand and finger positions (mudras), body locks (bhandas), chanting (mantras), and meditation. The sets are called kriyas, a movement or series of movements, which have a synergistic effect on the practitioner.

