



Monthly Magic

March 2025



WOMEN'S HISTORY MONTH

"Every woman's success should be an inspiration to another. We're strongest when we cheer each other on."
- Serena Williams

Little Birds is coming back!

Do you have a little one age 0-3 years that is ready to come out of winter hibernation? Our spring session of Little Birds will begin on March 28!

You can save 25% by registering for the full series (running through May) or drop in at any class.

Beyond engaging in the world of music, dance and play, both parents and kids will make new friends and grow community.

upcoming events

- ★ March 1 at 11:00am
Family Bollywood
- ★ March 8 at 11:00am
FREE Yoga Class with Kim
- ★ March 8 at 6:30pm
Kirtan
- ★ March 14-16
WILD Rumpus:
a FIERCE PLAY workshop
- ★ April 10 at 6:30pm
Root to Rise

Join us

LITTLE BIRDS

We invite the littles, 0-3 years olds into the studio for music, dance & play!

New Series starting March 28th

FRIDAYS: 10:15am



Monthly BootCamp Challenge

31 Push-Ups ~ your way, every day!



Join Us at Boot Camp with Jayme
Tues. and Thurs. 5:30am
Wed. 9:30am



Family Bollywood

March 1 at 11:00am
Mayama Dance Studio
Donation-based class



Illuminate Your Heart and Spirit

March 8 at 11:00am
Mayama Dance Studio
FREE Class



WILD Rumpus

March 14-16
Mayama Dance Studio
Tickets: \$250

The Heart's Wisdom

get more from your meditation

The Facts:

As you bring your physical, mental and emotional systems into balance [with meditation], you begin to access your heart's intuitive guidance. Tuning into your heart's wisdom creates a profound shift within that helps you approach life's situations with more emotional balance, compassion, clarity and personal confidence.*

*The Heart Math Institute

The Practice:

Ready for that feeling of peace, clarity and focus?

Join us for Meditation with Lindsey on
Thursdays at 10:45am

Begin your practice at home



Close your eyes

Take 3 deep, slow breaths

Notice the inner dialogue and invite those thoughts to drop down into your chest

Place your hands on your chest and invite a sense of holding the thoughts gently, kindly

Let your body breath naturally

Feel your body relax as the inner dialogue fades away

Take a moment to celebrate
prioritizing your self care through
mindful awareness

Contact Us

admin@mayamastudio.com

www.mayamastudio.com

Instagram @mayamamovement/

