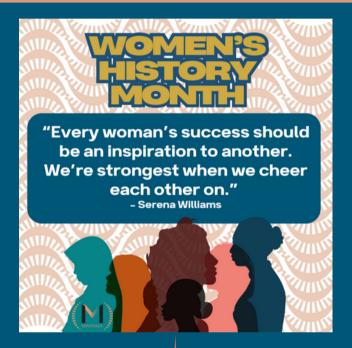
SIAS SIAS

Monthly Magic

March 2025



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.





MAYAMA STUDIO MARCH 2025

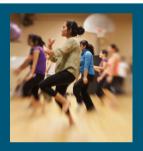


Monthly Boot Camp Challenge

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

Contact Us
admin@mayamastudio.com
www.mayamastudio.com
Instagram @mayamamovement/

Ready to Move?

Class Calendar

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Purchase a Pass

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

