

Monthly Magic

April 2025

Apcoming Events

April 1 6:00pm BOCO Flamenco presents 'Vahagni Quartet ft. Manuel Gutierrez': A Tribute to Emery

April 10 6:30pm Root to Rise: Qigong & Nia Movement Experience with Sandra

April 12 6:30pm Kirtan - Evening of Community Chant

April 19 at 11:00am Family Bollywood (all ages) Class by Donation

April 23-30th Wild Awaken Roatán Retreat SOLD OUT: *Waitlist Available*

May 31 at 11am and 3pm GAME NIGHT *16th Annual Dance Production*

Studio Happenings

This month Jasmine, along with Amy Sass and Sarah Nickerson, is guiding a WILD AWAKENing in Roatán Honduras, a retreat featuring song, dance, theater, story, rituals, and art! Attendees will enjoy snorkeling, swimming and rituals of water, air, earth and fire. In concert with the 4 elements and the special magic of the island, all will use creativity to invoke playful expressions and sacred communion. If you are interested in future retreats, please reach out and let us know!

Scheduling Updates for Adult Classes:

- 3/31 Flamenco Cancelled
- 4/3 Meditation Cancelled
- Week of 4/21 Nia will be substituted by Marty & Jackie Diner

Be sure to always check our online class schedule for the most up-to-date information.



Monthly BootCamp Challenge 1000 Lunges in April

Lunge into the changing seasons with the "Summer is Coming" Challenge Join Us at Boot Camp with Jayme Tues. and Thurs. 5:30am Wed. 9:30am





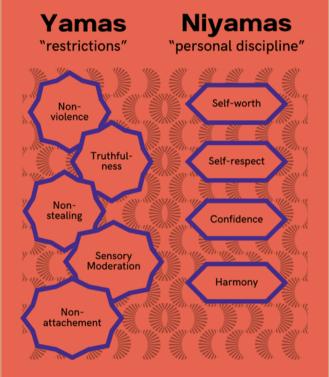


Vinyasa Flow Yoga

with Maya on Wednesday 8:15 am

Focus on Growth

Growing into the 'Dimension of Being' and growing in our internal spaces of awareness.



Along with balancing, twisting, inverting, strengthening, and stretching, we are growing our inner world so that it reflects more ease, clarity, and a feeling of freedom to GROW!

Yoga with Kim

Tues & Thurs 8:15 am & Saturday 9.00 am

Awaken Your Fire

Focus on the 3rd Chakra, Manipura Chakra:

- Associated with the fire element
- Energy center & internal power source
- Gives self-definition power, and will
- Tones core and abdominal muscles
- Strives for purpose, self-esteem, vitality spontaneity and strength of will



Affirmations for a healthy balanced 3rd Chakra:

"I honor the power within me." "I accomplish tasks easily and effortlessly." "The fire with-in me burns through all blocks and fears."

Mantras work with the expansive energy of the electro-magnetic field of the heart. They re-wire the mind and reverberate into the universal energetic field of love.

Ready to Move?

Class Calendar & Purchase a Pass



Contact Us

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