



Monthly Magic

April 2025



Upcoming 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

Mayama

16TH ANNUAL DANCE RECITAL

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GAME NIGHT

**MAY 31ST - 11AM & 3PM
LYONS HIGH SCHOOL**





Spring in to Yoga



Vinyasa Flow Yoga

with Maya on Wednesday 8:15am

Focus on Growth

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

Yamas

"restrictions"

Niyamas

"personal discipline"



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 8:15am & Saturday 9:00am

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.

Contact Us

admin@mayamastudio.com

www.mayamastudio.com

Instagram @mayamamovement/

