

chakra namaskara

with Melissa Spamer



Downtown Kalamazoo's Center for Yoga
Meditation and Movement

Friday, March 19th 6:30-9:30pm

COST: \$25 before 3/12: \$35 at the door

Chakra Namaskara: Flowing Through the Chakras

This special vinyasa flow class will invite you to journey through the wheels of energetic awareness that enliven and guide your *being*. You will travel through a continuous moving meditation of asanas inspired by spanda (divine pulsation), sahaja (spontaneous or natural movements) and bhavana (ecstatic love and devotion). We will interweave specific mantras, mudras and pranayama practices for each chakra. The class will complete with a restorative guided relaxation.

Come ride the current of Prana Flow Yoga to expand your practice and understanding of your energetic body.

Melissa Spamer, E-RYT 50, has been practicing yoga for 17 years and teaching for 12 years. She has completed extensive yoga studies and trainings in the US, Greece, India and Bali. Her approach to yoga is very intuitive and organic. She weaves together a rich tapestry of inspired teachings from such celebrated teachers as Angela Farmer, Victor Van Kooten, Rama Jyoti Vernon, Shiva Rea, Kali Ray and the students of Desikachar. She invites her students to attune to the natural flow of energy that guides all of life. Melissa is an ayurvedic practitioner, massage therapist and has directed her own 200 hour RYS.

PRE-REGISTRATION RECOMMENDED. *Pre-registrations must be received by 3/12/10.*
Deliver payment with this form to Sangha Yoga. Cash or check only. Check's payable to: "Sangha Yoga"

Name(s) _____

Contact # _____ Email _____

Please write class dates, the number of attendees, and total payment enclosed:

CHAKRAS 3/19/10: # of participants _____ (X) \$25 = TOTAL ENCLOSED \$ _____

