

Happy Holidays!!

We are into the last phase of the darkest month of the year. This season is a wonderful time to slow down, to turn your attention to what is percolating inside and ponder the deep mystery of life: What is good about the dark? What lays hidden in the deep recesses of consciousness? What blessings do you have? What conflicts do you wish to put down; what do you have to offer? What you truly value may lie concealed in the shadows- waiting for discovery, opportunity, growth!

Gift Certificates make Great Stocking Stuffers:

Give a healthy, sustainable and local gift this holiday, and turn someone new on to yoga! Choose any dollar amount starting at \$30/per certificate. Certificates are redeemable for any of our classes, private sessions, and products for sale.

Healing Hands Subtle Energy Work with George:

Holiday Special: Two for One

Schedule one treatment (\$65) with George and receive a second treatment, for free.

New clients only - thanks

Friday, December 9: Sacred Sound Meditation Circle

Joa and Julian return to Prakasa with their angelic voices for another healing sound circle. Participants may sit or recline in any comfortable position to receive the healing sounds of singing bowls, drum, flute and the harmonic tones of Joa and Julian's amazing voices. You'll be transported to another realm, where bliss and peace and ease will saturate your every cell. No "meditation" experience is required - you'll absorb healing vibrations through your whole being. **RSVP Space Limited!!** Cost: \$20-\$15/person Time: 7:00pm

Prakasa Yoga Studio CLOSED:

Thursday, Dec 16 - Tuesday, Dec 27.

We resume with the following three events to end December:

Wednesday, Dec. 28: Contemplative Yoga Class with Live Music

Lynne will lead an Anusara Yoga practice of forward bends, hip openers, restorative poses, pranayama and meditation accompanied by Joa and her soothing singing bowl sounds. All students are welcome to attend this nourishing, quieting and inwardly focused class. Cost: \$25/pp or 1 class card punch plus \$10.

Thursday Dec 29: "Not So Stiff" Men's Yoga Class:

The guys have done great yoga this Fall; and rumor has it that they're really starting to loosen up!! Come on out and get your yoga groove on with George. New men are welcome at any class. Regular time: 6:00-7:30pm.

SATURDAY, DEC 31: NEW YEAR CELEBRATION

Welcome 2012 - the year of radical transformation!

It is time to awaken the Power of Love within each human being. Let's create a lasting and life-affirming shift for positive planetary & personal growth together!

Anusara Yoga with Live Music: A festive All-levels class with Lynne accompanied by musicians, Scott Halligan and Bob Markey.

Meditation: Breathing with Purpose & Intention (George)

Fire Circle: Offer your old patterns into an outdoor fire and make space for what you truly wish to create in the New Year ahead.

Lecture: Practical Tips for a Healthy Winter (Chelynn, Ayurvedic Practitioner)

Ayurveda is the science of creating a healthy daily lifestyle. It is based on individual factors (like your body type, work & desires) It is very compatible with yoga, meditation or spiritual practice.

Refreshments & Community Gathering

Cost: \$30/person Time: 10am-1pm (so you can all go out later and party down 'til midnight)

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<<**HAPPY NEW YEAR 2012**>>

WEEK of FREE CLASSES for NEW STUDENTS:

Monday, Jan 2- Saturday, Jan 7

Get your groove on early < check out any class for free > this week.

Free Pilates Class: Saturday 1/7 with Maureen Shea

Check out Stiff Men's Yoga with George

NEW COURSES for 2012:

Pilates Mat: with the fantastic and fun Maureen Shea of Grasshoppa Arts.

This new 10 week course starts in January - dates TBA.

Tuesdays 11:30am -12:30pm

Free Introductory Class: Saturday January 7th

Yoga for Beginners Course: January 10- February 14

Send your friends to us and we'll help them get started in yoga.

In just six weeks, you will look and feel better!! We'll go over basic postures, breath, use of props and how to approach yoga safely.

Led by Lynne Paterson, this 6 week session costs \$80/person

Tuesdays 6:00-7:15pm

Free Introductory Class: January 3rd

Mommy & Me Yoga: January 3-February 28

Yoga class for kids (ages 4-12) and parents together. We use storytelling to introduce a wide variety of postures, sun salutations, and teach games to help kids learn to manage their body, energy and voice. Wednesdays 10:15-10:45am (2-four week sessions)

Cost: \$48/one parent and one child; \$20/sibling.

Free Introductory Class: January 4th

Meditation for Beginners: January 12- February 16

Learn meditations on the breath that will calm, relax and renew your energy.

Led by George Nager, this 6 week course costs \$80/person

Thursdays 7:45-8:45pm

Free Introductory Class: January 5th

Free Introductory Classes are for new students only.

For our full schedule please visit:

www.prakasayoga.com

Love and Blessings,
Lynne & George