

live music yoga event

with the Bhakti Vinyasa Project



SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga
Meditation and Movement*



Saturday, October 17th

#1) LIVE MUSIC YOGA EVENT: 4-6:30pm

Don't miss one of our most popular guest events. This workshop is a hatha yoga/vinyasa flow class set to live sacred music!!! This beautifully paced class will have you sweating, smiling, and singing along! You'll leave this event feeling the grace of having your heart opened and the power of having your spirit touched.

\$30 pre-registration: (\$40 at the door)

#2) KIRTAN: 7:45-9pm

Kirtan is call & response chanting; the singing of sacred mantras. Kirtan is part of the practice of Bhakti Yoga, the yoga of love & devotion. Join Karina, Katy, Luna & Joshua for this uplifting evening.

\$10 pre-registration: (\$15 at the door)

#3) BOTH EVENTS: \$40 (pre-registration)

THE BHAKTI VINYASA PROJECT

Katy Knowels, Joshua Canter & Kristin Luna Ray



PRE-REGISTRATION: *Space is limited, register early.* Mail check with this form to Sangha Yoga

Name(s) _____

Contact # _____ Email _____

Please write the event(s), number of attendees, and total payment enclosed:

October 17th Event NUMBER: _____ Number of participants _____ (X) price = \$ _____



SANGHA YOGA

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