

Prasad Yoga Newsletter



Michelle's Schedule

Michelle's level 2/3
lead class is back
in full swing on
thursday mornings
from 10-1145am

It's not too late to sign
up for the John Friend
weekend workshop in
Bryn Athyn, Pa.
Just go to
www.anusara.com
and register!

Dear Friends,

This Saturday October 4th I will be holding a benefit class for the **Cambodia Childrens Fund**. All proceeds for this class will go to this amazing cause to support children who are abused, abandoned, ill, and homeless in Cambodia via One World Many Hearts Organization. Please join me this Saturday at 1pm. Minimum donation is 10\$.

Also, 2 of the most well known kirtan singers will be coming back to Prasad to help us celebrate our 5th anniversary.

Benjy and Heather Wertheimer

will be joining us for an afternoon and evening filled with inspiring music.

September 12th Sunday 3-5pm

they will be offering a music workshop suitable for any one who loves music. being a musician is not necessary. cost 45\$ at door, 40\$ in advance.

Kirtan 7-9pm

Then we will kick off a great night with some rockin' devotional chanting. Please join us in song and dance and bring your kids and family to help us celebrate.

Level 1 108 hour
Anusara yoga Teacher
Training
September -March
with Michelle and
Beryl Herrin

December 19-21st
Winter solstice
weekend workshop
with Michelle and
Darren Rhodes
at
Yoga Oasis
in Tucson Az.
www.yogaoasis.com

December 28th
9-5pm

20\$ in advance 25\$ at the door
You can take both the workshop and kirtan for 55\$
call to reserve your spot!!
215 355 3224

surprise!

Darren Rhodes is coming on
Halloween weekend to help us expand
our hearts to hold the Shakti for the
John Friend workshop!!!!

November 1st Saturday 3-5:30pm all levels

Ready, Get Set!
(potpourri of poses)

Novemeber 2nd Sunday 10am-1230pm

Intermediate /Advanced
Ready Fire Aim
(back bends and arm balancing)

Sunday 3-530pm all levels

Take the Seat
(twists, hip openers, and forward bends)
space is limited
call to register 215 355 3224

\$75 for whole weekend or 30\$ per session

New class special for October!

Take any new class for a 5\$ drop in through October!

This is your chance to save big and enjoy our new
teachers at Prasad Yoga. Take 3 classes for the

Silent Retreat
with Michelle
at
Prasad Yoga
info@prasadyoga.com

See ya Soon!!!

price of one!

New classes include:

Monday 10-1130am

Level 2 class with Marguerite

Wednesday 7-8pm

Yoga for the raw beginner with Marguerite

Thursday

530-630pm

Meditation with Sheila Brann

Thursday 715-815pm

All Levels with Ken blank

Can't wait to share with you all!!!!

Blessings,

Michelle and everyone from Prasad Yoga