



Spring is in the air!

Prasad Yoga Newsletter

Dear Friends,

Welcome back to the LIGHT!!!! Yippee we made it !

We are getting ready for a great Spring at Prasad. We are gearing up with a full schedule of amazing events to serve your yogic desires in the next few months.

Lakshmi Designs

Prasad Yoga is now carrying exclusive custom made yoga jewelry by Michelle Synnestvedt. Michelle was a gold and silversmith in business for 8 years making custom-designed jewelry. She has recently returned to her bench and has created a beautiful line of one of a kind Yoga pieces.

Please come in and see

EYE OF THE TIGER LEAD PRACTICE

Please join Ken Blank this Saturday 4/4 from 9-1130am for " The Eye of the Tiger" practice. This is a great way to take your yoga asana to the next level as Ken supports students in playing with level 1 and 2 poses.

COST: \$20 drop in all are welcome.

SHAKTI ROCKS!

The Advanced Tuesday night lead class with Michelle Synnestvedt is changing times.

Starting April 13th Class time will be 630-8pm.

The level is 2-3.

\$15 drop in

Advanced Intensive

The two day Advanced Intensive with Michelle is coming up April 18-19th. This is a 12 hour lead class weaving scriptural study of the Pratabhijna Hrdayam -*The Heart of Recognition* , and intermediate and advanced asana.

Registration is required. Go to the [Prasad website](#) for more information.

See you soon!
Sincerely,

Prasad Yoga

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