

# MANDALA



KUNDALINI & GONG

## SPRING SCHEDULE

### MONDAY

10:00-11:30	KUNDALINI*
12:15-1:30	KUNDALINI*
7:00-8:30	KUNDALINI

### TUESDAY

10:00-11:30	KUNDALINI*
12:15-1:30	GONG MEDITATION*
5:15-6:30	KUNDALINI FOR WOMEN
7:00-8:15	KUNDALINI

### WEDNESDAY

10:00-11:30	KUNDALINI*
12:15-1:30	KUNDALINI*
5:15-6:15	GONG MEDITATION
7:00-8:30	KUNDALINI

### THURSDAY

10:00-11:30	KUNDALINI FOR WOMEN*
12:15-1:45	KUNDALINI*
5:15-6:45	KUNDALINI
7:15-8:15	GONG MEDITATION
	(NO 7:15 CLASS EVERY 1ST THURSDAY)

### FRIDAY

10:00-11:30	KUNDALINI*
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### SATURDAY

12:00-1:30	KUNDALINI*
3:00-4:00	GONG MEDITATION

### SUNDAY

10:00-11:30	KUNDALINI*
12:00-1:30	KUNDALINI
2:00-3:30	KUNDALINI
4:00-5:15	GONG MEDITATION

\*CHILDCARE AVAILABLE

# MANDALA CLASS PRICING

## **KUNDALINI INTRO SPECIAL \$30**

First Time Mandala Students: 2 Weeks Unlimited  
Mat and Towel included on first visit.

### **CLASS PACKAGES**

\$16 — DROP IN (Expires 1 Month)

\$70 — 5 CLASSES (Expires 6 Months)

\$130 — 10 CLASSES (Expires 12 Months)

\$240 — 20 CLASSES (Expires 12 Months)

### **UNLIMITED PACKAGES**

1 MONTH — \$125

### **MONTHLY MEMBERSHIP**

\$99 — UNLIMITED CLASSES

### **MEMBERSHIP BENEFITS:**

Unlimited sauna access, mat service, towels.

10% discount on retail, workshops, childcare and medicinal products from Prema Health.

5% discount at Fern Kitchen.

### **SENIOR AND FULL-TIME STUDENTS**

20% Discount – on all pricing

No refunds, exchanges, splitting or combining packages

TOWEL \$1 | SAUNA \$5 | MAT \$3 | YOGA TOWEL \$2

## **CLASS DESCRIPTIONS**

### **KUNDALINI YOGA**

Kundalini Yoga combines movement, breath, mantra, meditation and relaxation. It is known for its potency and practical effectiveness, providing quick access to stress relief, inner peace and spiritual connection. It brings forth cleansing and clarity, and strengthens internal systems, such as the glandular and nervous systems. It is said to awaken the soul and liberate us. It connects us to our intuition, source energy, and the universal wisdom that flows through all life.

### **KUNDALINI YOGA FOR WOMEN**

Join us for these special classes and experience the healing that can occur when women practice together. Kundalini Yoga offers an amazing wealth of yogic teachings for women. This vast array of ancient yogic knowledge includes teachings and specific yoga and meditation techniques, to empower women to access their inner strength, self-esteem and sense of sacredness. These practices inspire us to break the cycles of duality, doubt and insecurity, and to live as women of character with compassion, nobility and radiance.

### **GONG MEDITATION**

Gong vibrations are excellent therapy for stress, depression, anxiety, fatigue and many of the ailments that plague modern life. Gong carries you into a meditative state and revitalizes your body's internal systems. Our one hour classes offer a sound bath experience, centered around 30-40 minutes of gong. Our 75 minute classes begin with a yoga practice appropriate for the time of day, followed by about 30 minutes of gong. Please feel welcome to bring easy to carry, cozy items that can support your comfort and relaxation during the gong bath.