

ॐ DIVINE INSIGHTS

Divine Yoga Studio Newsletter

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An Afternoon of Yantra Painting at Divine Yoga Studio. Saturday May 25th 2PM –5PM \$50*

Yantras were introduced thousand of years ago in India, as a means to enhance spiritual practice.

Yantras, used in yoga and meditation can lead to a deeper state of being; helping you to find contentment and a sense of harmony within the world.



During this painting workshop you will learn about the Yantras and the 9 archetypes (geometric patterns and their meanings) then spend the remaining time creating the Yantra of your choice.

As you trace, paint and concentrate on creating your individual Yantra, it becomes a powerful meditation that helps you to tap into your personal power. Afterwards, you have a beautiful piece of art to enhance your spiritual journey.

Register by calling or texting 9096473964 or sign up at the studio.

*all supplies included—snacks as well. You are welcome to bring your beverage of choice!



This workshop facilitated by local area artist—Elizabeth Rydall (“E”) and Amy Brown—Owner, Divine Yoga Studio

Sign up soon—only a FEW SPACES LEFT!

Crystal Bowl Chakra Sound Healing
Friday June 7, 2019
7-830PM \$30**

Dr. Christie Smirl has been conducting chakra balancing meditations and sound baths using crystal toning bowls, Tibetan singing bowls, mantra, energy medicine and gongs since 2011 from Southern California to Rishikesh India. Join us in an evening of chakra balancing and meditation.

Register by calling or texting 9096473964 or email amy@divineyogastudio.com.

Gentle Yoga Thursday 6PM

Starting in May the 6PM Gentle Yoga class is a donation only class. All donations will benefit Youth Hope, (www.youthhope.org) a Redlands based Homeless Teen program serving the IE.

Suggested donation is \$5/ \$10—but no one will be turned away if unable to donate.



We're excited to share Iyengar yoga with others and support a local cause!

Current Schedule 2019

Day	Class	Time	Teacher
Monday	Level I	10AM –1130AM	Amy
Monday	Level II	530PM—7PM	Amy
Tuesday	Mixed level class	405PM-525PM	Amy
Wednesday	Level I/II Class	830AM—10AM	Amy
Wednesday	Beginner/Level I	6PM-715PM	Amy
Thursday	Mixed level class	405PM—525PM	Amy
Thursday	Gentle Yoga/ Community Class (donation class)	6PM-715PM	Angie B
Friday	Restorative Yoga	6PM-715PM	Amy
Sunday	Mixed level class	4PM-515PM	Amy

In April, Amy attended the tri-annual Iyengar Yoga convention in Dallas Texas. Over 900 yogis enjoyed 6 days of Abhijata's (BKS Iyengar's granddaughter) detailed and succinct teaching. After the recent death of her Aunt, Geeta Iyengar, Abhijata, has taken the reigns of the world wide discipline created by her Grandfather. She will shine the light of Iyengar yoga with ease and grace just like her grandfather!



This is how you practice with 900 people!



Amy with Abhijata and daughter



The massive practice room for all 900!