

Dragonfly's 1st Anniversary Come Celebrate!

Chanting: Meditation Through Sound & Music

Friday June 6 • 7-9 pm

\$12 or one punch on your Dragonfly punchcard

Come bless our studio with sacred vibrations! Join Marnie Bacon and a merry band of musicians for this informal "practice" where you're immersed with the healing powers of sound and song. This Friday evening session will feature call and response chanting, the singing of devotional songs, mainly in Sanskrit (an ancient language based on the scientific usage of sound). These "songs" are prayers: ancient meditations to help develop concentration, overcome fears, heal physical ailments, acquire self confidence, for purification and spiritual renewal. ALL faiths are welcomed. NO experience (or talent) necessary.



Hip Bliss: Hip Opening Workshop

Saturday June 7 • 11:30-2pm

with Emma Spencer, Siri Khalsa, Marnie Bacon & friends
\$50 (sign up and pay in advance)

Are your hips stiff or tight--or just in need of a good stretch? Do you spend a lot of time in the car, or at a desk? Do you work out a lot--or not enough? No matter who you are, your hips could probably benefit from some extra attention. Join us for this unique and moving experience. Emma will inspire you through a wide array of relaxing, challenging and energizing hip-opening stretches. Find freedom in your hips that you didn't know you had as Siri expertly offers clear and helpful hands-on assists. This workshop will be set to a live "soundscape." Be moved through your poses by evocative and tribal sounds that link us to each other and to the world. Relax into savasana surrounded with the natural sounds of bells, chimes and mantra. Come stretch and release your hip muscles and feel the bliss! This is a mixed-level class.



Free Classes All Day

Sunday June 8

From our hearts we want to thank you for your support and offer you a free day of yoga.

Classes are:

9:15-10:30am	Chill Flow with Susanne
11am-12:30pm	Chill with Emma
4:00-5:30pm	Chill with Jerry
6:00-7:00pm	Meditation with Charlotte

