



celebrate your yoga. breathe love.

2500 SE 26th Ave Portland OR 97202 503.244.0108
www.thebhaktishop.com

Second Sundays Kirtan with Mala, The Bhaktishop's house kirtan band
By donation to the community 1/10, 2/14, 3/14, 4/11, 5/9, and 6/13

Come with your family and chant, sing and be free! All are welcome, including children. Treats and satsang to follow.

Singin' the Winter Kirtan Blues with Lolo Woods

Saturday, February 6th, 7:30-9:30pm \$12

Join Lolo and her amazing voice for an evening of inspired chanting, kirtan, and bedtime stories to rock your winter blues away. All are welcome, including children. Treats and satsang to follow.

Balancing on the Edge with Matt

Saturday February 20th, 3-5pm \$15

In this lighthearted balancing workshop we will explore how we can keep ourselves rooted deep in our hearts and minds while we encounter life's many challenges. Aimed at the student with a pinch of asana experience.

Partner Pre-Natal Yoga Practice for Parents with Heather

Saturday, February 27th, 3-5pm \$20 per couple

As you prepare for the birth of your baby, prenatal yoga is a wonderful way to explore your journey. And what's more fun than to do so with your partner? This workshop is an opportunity for couples to connect more deeply with one another through the giving and receiving of a gentle partner practice. No experience required.

Kirtan with Sean Johnson and the Wild Lotus Band!

Thursday, March 11th, 7-9pm \$15 (no 5:30 or 7pm class this evening)

Set your hearts and heels in motion with another amazing evening of chanting with our favorite traveling kirtan singers from festive New Orleans. We are excited to welcome them back to our chanting house to sing and celebrate with YOU!

Open your Voice, Open your Heart with Lolo Woods

Saturday, March 13th 3-6pm \$25

Come one and all to this vocal workshop for anyone interested in breaking free with their voice. Beginners and people who "can't sing" are particularly invited to just get over it! Lolo's ease with letting out the freedom and truth of your voice is amazing.

Spring Into Equinox with Diana

Saturday, March 20th 11-12:30pm, \$10

Skip into the magic of Springtime with Diana! Roll out your mat and your enthusiasm for the bright season ahead during the Spring Equinox practice, which only happens once a year, so get in on this one.

Spring Cleaning: A Kapha Balancing Ayurveda Workshop with Lisa Mae and Nancy
Saturday, March 20th, 5-7:30pm \$20

Get out the winter blues and clear out the muck in this Ayurvedic lifestyle and yoga workshop. We will discuss diet, dosha, and real changes you can implement now to open to the beauty of the springtime. Asana and pranayama will also be featured, as we help you to study yourself even more clearly.

De-Mystifying the Harmonium with Lolo Woods

Sunday, March 21st, 3-6pm \$25

Curious about the harmonium, the Indian instrument we play before class or that often accompanies kirtan? Come and join Lolo on a beginner's journey as you get acquainted with the care and feeding of the harmie, your voice, and your heart!

Honoring Gayatri: A Meditation and Satsang with Manorama

Friday, April 2nd, 7:30-9pm \$15

Join the inimitable Manorama for an evening of meditation, chanting, and lecture on the beauty of the Gayatri Mantra. Open to all, and sure to be a wonderful exploration.

Introduction to Sanskrit with Manorama

Saturday, April 3rd, 1-6pm \$75 (includes materials) No 1pm class on this day

Our yearly offering of Sanskrit for everyone, Manorama is a crowd-pleaser with her charm and ability to transmit the teachings of yoga through the grace of her guru, Sri Brahmananda Saraswati, so beautifully and clearly. No experience necessary, come unlock the mystery of the language of yoga.

Sanskrit and the Yoga Sutras of Patanjali with Manorama

Sunday, April 4th, 1-6pm \$75 (includes materials) No 1pm class on this day

This incredible workshop will help illuminate some of the mysteries of yoga, straight from the Yoga Sutras, the "bible" of Hatha yoga practice. As we learn to pronounce and chant the sutras, we steep in their meaning and vibration, ultimately coming to a deeper understanding through experience. Open to all levels of yogis!

Weekend Vinyasa Shakti Soak with Dana Flynn and Jasmine Tarkeshi of NYC/SF's Laughing Lotus Yoga Centers

Saturday, April 24th, 11-1pm and Sunday, April 25th, 11-1pm \$30 each day

No regular 11am or 1pm class on either day

Come and rock your soul on the mat with Lisa Mae's teachers, two of the most creative and dynamic vinyasa teachers around! Be amazed by all the beauty and juice from your practice and be left rejuvenated, sparkling and TOTALLY INSPIRED! A class for teachers, continuing students, and anyone wanting to dive into a more soulful, creative practice on and off the mat.

DJ Anjali and The Incredible Kid

Saturday May 1st, 7-10pm, \$8

The all-ages Bollywood dance party returns to our funky home with the best DJ's around. Come get your sari shakin' to the funk, enjoy Bhaktishop birthday treats and a booze-free get down with your friends. Kids are free!

JAN 1 ST - JUNE 1 ST	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	6:15 - 7:15 am Solar Flow Maggie		6:15 - 7:15 am Solar Flow Maggie		6:15 - 7:15 am Solar Flow Diana		
8:30am	8:30 - 9:30 am Opening Flow 1 Jeannie	8:30 - 9:30 am Soul Flow 2 Heidi ♥	8:30 - 9:30 am Opening Flow 1 Heather	8:30 - 9:30 am Soul Flow 2 Heidi	8:30 - 9:30 am Opening Flow 1 Sarah	🔥 8:15 - 8:45 am Meditation - Free!	🔥 8:15 - 8:45 am Meditation - Free!
9:00am						9:00 - 10:30 am Soul Flow 2 Lisa Mae	9:00 - 10:30 am Ecstatic Flow 3 Matt
10:00am	10:00 - 11:30 am Soul Flow 2 Marianne ♥	10:00 - 11:30 am Opening Flow 1 Heidi	10:00 - 11:30 am Soul Flow 2 Diana	10:00 - 11:30 am Opening Flow 1 Monicka	10:00 - 11:30 am Soul Flow 2 Matt		
11:00am						11:00 - 12:30 pm Ecstatic Flow 3 Diana	11:00 - 12:30 pm Soul Flow 2 Heidi
12:00pm	12:00 - 1:30 pm Ecstatic Flow 3 Lisa Mae	12:00 - 1:30 pm Ecstatic Flow 3 Diana	12:00 - 1:45 pm Bhakti Flow 4 Lisa Mae	12:00 - 1:30 pm Ecstatic Flow 3 Diana	12:00 - 1:30 pm Ecstatic Flow 3 Matt ♥		
1:00pm						1:00 - 2:30 pm Opening Flow 1 Tasha ♥	1:00 - 2:30 pm Harmony Flow Heather ♥
4:00pm	4:00 - 5:15 pm Pre-Natal Flow Heather	4:00 - 5:00 pm Soul Flow 2 Joanna	🔥 4:00 - 5:00 pm Karma Flow 1 Shop Family	4:00 - 5:00 pm Soul Flow 2 Tally	🔥 4:00 - 5:00 pm Donation Flow 1 Shop Family		
5:30pm	5:30 - 6:45 pm Ecstatic Flow 3 Tally	5:30 - 6:45 pm Soul Flow 2 Lisa Mae	5:30 - 6:45 pm Ecstatic Flow 3 Monicka	5:30 - 6:45 pm Soul Flow 2 Tasha ♥	5:30 - 6:45 pm Soul Flow 2 Heather		🔥 Kirtan: Second Sunday each month 6-8 pm
7:00pm	7:00 - 8:00 pm Soul Flow 2 Monicka	🔥 7:00 - 8:00 pm Donation Flow 1 Shop Family	7:00 - 8:00 pm Soul Flow 2 Tally ♥	7:00 - 8:00 pm Restorative Lounge Jeannie			7:00 - 8:00 pm Soul Flow 2 Marianne

(No class on 2nd Sundays)



the bhaktishop

\$13 - drop in

\$55 - 5 class card

\$100 - 10 class card

\$180 - 20 class card

\$130 - monthly unlimited

\$10 - drop in for 1 hour class

♥ \$8 - Seva Classes (for those on a budget)

🔥 Free or by donation

January Special: Monthly Unlimited for \$108

Double the LOVE—Bring a friend for free in February

New Students get \$20 for an unlimited week!

Holiday Schedules:

Memorial Day class 10am with Matt

Hi-Five! \$5 classes on the 5th of every month

Check our website, www.thebhaktishop.com for class descriptions