



## UPCOMING EVENT

### BALAKRAMA- STEPPING INTO STRENGTH

6 class series, \$75

Mondays & Wednesdays, 7-830pm

February 6th,8th,13,15,20,22



A dynamic bone strengthening form, which actively engages one's center (navel region), hands, feet, and breath. This form removes marma (energetic obstructions) from the legs and pelvis to free the downward flow of prana, detoxify the blood, and strengthen the lungs. This course is recommended for students who have completed the Shadow Yoga Basics Course.

**\$75 for a 6 Class Series**

**Feb 6, 8,13,15, 20, 22**

**Mon and Wed 7- 8:30pm**

**Space is limited!**

**Please reserve via Email**

**[matt@goldenmonkeyhealing.com](mailto:matt@goldenmonkeyhealing.com)**

**Golden Monkey Healing**

13259 Moorpark Street  
Sherman Oaks, CA 91423

818.430.1906

[goldenmonkeyhealing.com](http://goldenmonkeyhealing.com)