

APRIL 2024



OmBody Massage &
Wellness Studio

724.320.9386

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Surya Mudra www.suryamudra.com</p>	<p>1 5:15pm - Barre (Tara)</p>	<p>2 9am - Hatha Vinyasa (Erica) 6pm - Gentle Yoga Flow (Amy)</p>	<p>3 6pm - Restorative Yoga (Leann)</p>	<p>4 9am - Yoga for Mobility (Erica) 6pm - Vinyasa Flow (Amy)</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8 5:15pm - Barre (Tara)</p>	<p>9 9am - Hatha Vinyasa (Erica) 6pm - Gentle Yoga Flow (Amy)</p>	<p>10 6pm - Guided Meditation (Crystal)</p>	<p>11 9am - Yoga for Mobility (Erica)</p>	<p>12</p>	<p>13 11am - Kids' Yoga & Mindfulness (Stephanie)</p>
<p>14</p>	<p>15 5:15pm - Barre (Tara)</p>	<p>16 9am - Hatha Vinyasa (Erica) 6pm - Gentle Yoga Flow (Amy)</p>	<p>17 6pm - Restorative Yoga (Leann)</p>	<p>18 9am - Yoga for Mobility (Erica) 6pm - Vinyasa Flow (Amy)</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22</p>	<p>23 9am - Open Studio Yoga 6pm - Gentle Yoga Flow (Amy)</p>	<p>24 5:30pm - Strong Spine, Open Heart (Erica)</p>	<p>25 6pm - Vinyasa Flow (Amy)</p>	<p>26</p>	<p>27 10am-12pm - Intro to FemForm Ayurveda (Rachel)</p>
<p>28</p>	<p>29</p>	<p>30 9am - Hatha Vinyasa (Erica) 6pm - Gentle Yoga Flow (Amy)</p>	<p>Special Events & Workshops: 4/3 & 4/17 - Restorative Yoga w/ leann 4/10 - Guided Meditation w/ Crystal 4/24 - Strong Spine, Soft Heart Yoga/Ayurveda w/ Erica 4/27 - Intro to "Feminine Form" Ayurveda w/ Rachel Dobos</p>			

Mudra of the Month: SURYA MUDRA

Surya Mudra: In Sanskrit '*surya*' = 'sun' and '*mudra*' = 'gesture' or 'seal'.

Surya Mudra, or 'sun seal,' is a gesture that symbolizes the sun's energy and helps to redirect it within the body. The benefits include improving digestion and increasing energy levels. *Surya Mudra* increases the fire element, which supports raising body temperature and maintaining the body's metabolism and healthy appetite. May help relieve coldness in limbs, may support healthy cholesterol levels, and may relieve cold-related issues like dry skin, sore throat and painful joints.

To practice SURYA MUDRA:

- *Surya Mudra* can be practiced seasonally (Spring or Winter) or in the early morning in the Summer. Avoid practice during the heat of the day, since this is a heat-building *mudra*. (see other contraindications below).
- Sit in any comfortable position with eyes closed and a relaxed mind. Allow the breath to become relaxed and rhythmic, "low and slow" in the body, without effort. (Note: A relaxed state enhances the efficacy of the *mudra*.)
- Form the proper finger arrangement (see picture description, right).
- Affirmation: "I am an energetic person. The Universe's power supports me every day. I exude the true me."
- Continue sitting comfortably, breathing effortlessly, for 5-15 minutes.

Precautions and Contraindications:

- Avoid *Surya Mudra* in the Summer because it produces heat.
- Avoid *Surya Mudra* when you are ill, because it raises heat in the body and may aggravate a fever.
- Speak with your doctor before practicing *Surya Mudra* if you are pregnant, nursing, taking medications or have a medical condition.
- Before practicing this *mudra*, drink a glass of water to maintain hydration.
- Heavy meals can cause excess heat in the body. *Surya Mudra* should not be practiced immediately after eating - wait at least 2 hours after meals.

