

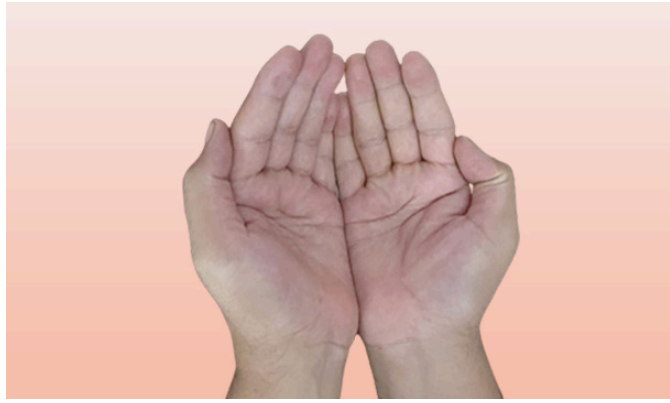
# NOVEMBER 2024

## OMBODY MASSAGE AND WELLNESS 724.320.9386



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	1	2	3
				9am - Friday Flow (James)	9:45am - Flow & Yin (Erica) 12:30pm - Pillars of Rewilding 1 (Robert)	
4	5	6	7	8	9	10
8:30am - Power Flow (Brynn) 5:15pm - Barre (Tara)	6pm - Gentle Yoga (Amy)	5:30pm - Pre/Postnatal Yoga (Brynn)	9am - Yoga & Mobility Flow (Erica) 6pm - Vinyasa Flow (Amy)	9am - Friday Flow (James) 5:30pm - Restorative Yoga (Leann)	7am - Sunrise Vinyasa Flow (Erica) 12:30pm - Pillars of Rewilding 2 (Robert)	
11	12	13	14	15	16	17
8:30am - Power Flow (Brynn) 5:15pm - Barre (Tara)	11:30am - Chair Yoga & Lunch (Erica) 6pm - Gentle Yoga (Amy)		9am - Yoga & Mobility Flow (Erica) 6pm - Vinyasa Flow (Amy)	9am - Friday Flow (James)	9:45am - Flow & Yin (Erica) 12:30pm - Pillars of Rewilding 3 (Robert) 3pm - YOMA (Leann / James)	
18	19	20	21	22	23	24
8:30am - Power Flow (Brynn) 5:15pm - Barre (Tara)	4pm - Kids' Yoga (Stephanie) 6pm - Gentle Yoga (Amy)	5:30pm - Pelvic Floor Health Workshop (Tara & Erica)	9am - Yoga & Mobility Flow (Erica) 6pm - Vinyasa Flow (Amy)	9am - Friday Flow (James) 5:30pm - Client Appreciation FREE Yoga: Restore & Meditate (Leann)	7am - Sunrise Vinyasa Flow (Erica) 12:30pm - Pillars of Rewilding 4 (Robert)	2pm - Intro to Enneagram (Crystal)
25	26	27	28	29	30	
8:30am - Power Flow (Brynn) 5:15pm - Barre (Tara)	6pm - Gentle Yoga (Amy)		Happy THANKS Giving	<b>PLEASE PRE-REGISTER FOR ALL CLASSES AND WORKSHOPS AT <a href="http://OMBODYMASSAGEANDWELLNESS.COM">OMBODYMASSAGEANDWELLNESS.COM</a> OR CALL 724.320.9386.</b>		

## ***Pushpaputa Mudra*: “Handful of Flowers”**



In yoga, *mudras* are like gentle anchors for our wandering minds. Think of them as yoga poses, but specifically for our hands. They can also guide our attention towards an energetic sensation.

*Pushpaputa Mudra*, derived from Sanskrit, combines “*Pushpa*,” meaning flowers, and “*Putra*,” meaning offering or to purify.

This *mudra* symbolizes the act of offering a handful of flowers to the Divine as a gesture of reverence, devotion, and acceptance of blessings. Through this *mudra*, cultivate a sense of inner peace, harmony and alignment with the Divine will. (“Divine” could be defined by your personal faith tradition, or be understood as your “highest Self.”)

### **Mastering the *Pushpaputa Mudra*: A Simple Step-by-Step**

- **Posture:** Sit comfortably in a meditation posture with your spine erect. This could be cross-legged on the floor or sitting on a chair with your feet flat on the ground.
- **Hand Position:** Bring your hands together in front of your chest. Allow your little fingers to touch each other lightly. Extend the rest of your fingers outward, keeping them slightly apart. This creates a cupped shape with your hands.
- **Palms:** Turn your palms upward, facing towards the sky or ceiling. Ensure that your hands are slightly hollow, resembling the shape of a bowl or a handful of flowers.
- **Intention and Focus:** Close your eyes gently and take a few deep breaths. Focus your attention on the gesture of offering and acceptance that the *Pushpaputa Mudra* symbolizes. Visualize yourself offering a handful of flowers to the divine with sincerity and devotion.
- **Ending the Practice:** When you are ready to conclude your mudra practice, slowly blink your eyes open. Take a moment to acknowledge the experience and any feelings or insights that arose during your practice.

*Incorporating the Pushpaputa Mudra into your meditation practice can enhance your spiritual journey by promoting compassion, receptivity, inner peace, and resilience in life’s challenges. It serves as a powerful tool for building a deeper connection with the Divine and promoting personal growth.*