

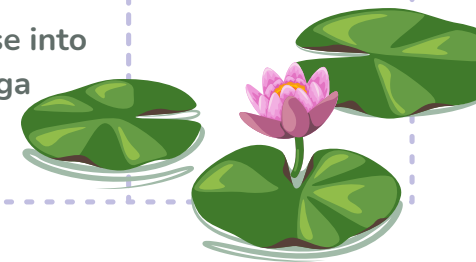


# MAY 2024



OmBody Massage &  
Wellness Studio  
724.320.9386

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Mudra of the Month: Lotus Mudra</p>			1	2 9am - Yoga for Mobility (Erica) 6pm - Vinyasa Flow (Amy)	3 9am - Ease into Friday Yoga (James)	4 9:30am - Flow & Yin Yoga (Erica)
5 CINCO DE MAYO	6	7 5pm - Walking Meditation (Leann) 6pm - Gentle Yoga Flow (Amy)	8 6pm - Restorative Yoga (Leann)	9 9am - Yoga for Mobility (Erica) 6pm - Vinyasa Flow (Amy)	10 9am - Ease into Friday Yoga (James)	11 9:30am - Vinyasa Flow (Erica)
12 Mother's Day	13	14 5pm - Walking Meditation (Leann) 6pm - Gentle Yoga Flow (Amy)	15 6pm - Restorative Yoga (Leann)	16 9am - Yoga for Mobility (Erica) 6pm - Vinyasa Flow (Amy)	17 9am - Ease into Friday Yoga (James)	18
19	20	21 5pm - Walking Meditation (Leann) 6pm - Gentle Yoga Flow (Amy)	22 7pm - Full Moon Guided Meditation (Crystal)	23 9am - Yoga for Mobility (Erica) 6pm - Vinyasa Flow (Amy)	24 9am - Ease into Friday Yoga (James)	25 9:30am - Vinyasa Flow (Erica)
26	27 MEMORIAL DAY	28 5pm - Walking Meditation (Leann) 6pm - Gentle Yoga Flow (Amy)	29 5:30pm - "Cool, Calm, Collected" Workshop - Yoga for Summer (Erica)	30 5:45pm - Vinyasa Flow (Amy)	31 9am - Ease into Friday Yoga (James)	



# Mudra of the Month: **LOTUS MUDRA**

**Lotus Mudra:** In Sanskrit '*padma*' = 'lotus' and '*mudra*' = 'gesture' or 'seal'.

*The lotus mudra opens the heart chakra and symbolizes purity. A lotus flower sits on the surface of the pond, which opens towards the sun as its roots remain deeply rooted in the muddy, murky depths, making it firm and strong. It is a symbol of light and beauty emanating from the darkness.*

*The message of lotus mudra is to stay connected to your roots, open yourself to light and realize that the greatest feeling of stability in life is an open heart.*

*The lotus mudra is a hand gesture of loving-kindness and reminds us of the qualities of mercy, forgiveness and beauty and grace that are inherent within each of us. An awakened heart center is sacred and this mudra is filled with the joy of life.*

## **To practice LOTUS MUDRA:**

- Lotus Mudra can be practiced any time of day.
- 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*.)
- Bring the base of the palms together at the heart center, touching the thumb and pinky fingers together.
- Extend the rest of the fingers like a lotus flower opens towards sunlight.
- Sit comfortably, breathing effortlessly with this *mudra* for at least 5 minutes, preferably longer!
- The floating pose is a great extension to try: Inhale and slowly float (lift) the flower from your heart to your third eye (forehead) and then exhale, slowly drawing it back to the center of the heart. Continue this for as long as you want.

