

# Upcoming Yoga Events

at the Massage Arts Center of Philadelphia

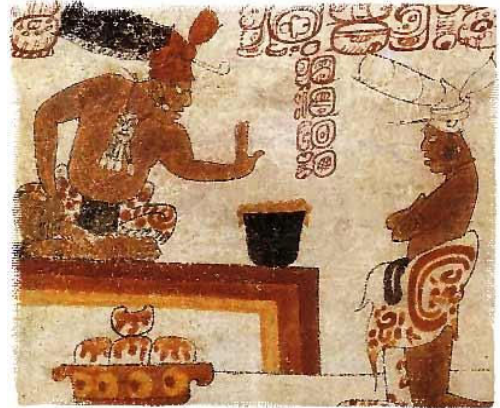
## Mayan Chocolate Yoga

A Heart-Opening yoga experience, filled with Liberating Postures and Movement, Expansive Breathwork, and Guided Meditation Enhanced by an indigenous Mayan style ceremonial Chocolate drink - come early to learn how it's made

Saturday, March 6th –and- Saturday March 13th

11:30am-1:pm

\$15, or \$25 for both



## Equinox Salutations

Traditional Sun Salutation Cycles, Flowing Vinyasa Sequences, and Cosmic Meditation to welcome the rebirth of life this spring.

*Followed by a Potluck Lunch and Drum Circle!*  
Please rsvp 267-321-0200

Saturday, March 20th

11:30am-1:30pm

\$12 (with a dish)



**Instructor: Adrian King**, Certified Yoga Teacher, and Practitioner of the Healing Arts, shares his inspiration and gratitude for life, through movement, breath and meditation. Taking students on a journey to the depths of the body-mind-spirit. Also an avid traveler into the Central American Mayan underworld, he has acquired experience with the ceremonial use of chocolate

Massage Arts Center  
of Philadelphia  
Educating Touch Therapy Practitioners in Center City for Over Twenty Years

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*Sign Up Inside, or Call 267-321-0200*