



Tri Main Center-
2495 Main St- Suite 418
Buffalo, NY 14214
716-835-0703
www.buffaloyoga.com

FUN EVENTS FOR SELF IMPROVEMENT

JULY EVENTS		
EVENT	DATE/TIME	DESCRIPTION
ADULT DRUM CIRCLE	Friday 7pm 7/2	Join Mary Ellen Carges for a drum circle to raise your vibration, clear energy, balance the body/mind/spirit. If you have a drum or percussion instrument please bring it along. \$10
BELLY DANCING With ILYA	Friday 7pm 7/9	The practice of belly dance is a mind, body, and spirit workout. Belly dance improves your poise and raises your self-confidence. \$10 Henna Design offered starting at \$10.
DANCE ON THE WILD SIDE	Friday 7pm 7/16	Join Mary Ellen Carges for an energetic night of Dance to balance the body/mind/spirit. All are welcome! \$10-15 Donation
YOGA NIDRA- YOGIC SLEEP DEEP RELAXATION	Friday 7pm 7/30	Yoga Nidra is a systematic method of complete relaxation, holistically addressing our physiological, neurological, subconscious needs, where one achieves true relaxation. During the practice of yoga nidra, one appears to be asleep, but the consciousness is functioning at the deeper level of awareness. It is a state of mind in between wakefulness and dream. People have found with constant practice it restructures and transforms the whole personality from within. \$10-15 Donation
CORE CLASS WITH MORGEN	Wed 7:30- 9pm 7/7	Ignite Your Fire, Create a Strong Graceful Practice. Learn methods to keep your core toned and strong. Explore Postures for Creative Flow. \$25 (Pre-registration Required)
BACKBENDING WITH APHYINA	Wed 7:30-9:30pm 7/14	Unlock and release the energy in your heart. Learn how to get into backbends safely utilizing proper alignment. Take your practice to the next level. Receive a Reiki treatment during Shavasana to enhance your sense of wellbeing. \$25 (Pre- registration required)
JOURNEY INTO THE CHAKRAS WORKSHOP	Wed 7/21-8/18 7:30-9:15pm	Explore different ways of balancing each chakra through yoga postures, sound healing, meditations, journaling exercises, crystal healing, Reiki, and creative arts. \$85 by July 1 st \$95 after July 1 st includes snacks, all supplies Pre- registration required