

here comes the sun

CELEBRATE SUMMER SOLSTICE WITH 108 SUN SALUTATIONS

sunday, **June 21** | 2:20pm - 4:50pm

\$36; \$27 in advance

WITH ANNA CARBONELL, KIRTAN SMITH, + DAVID HOLLANDER

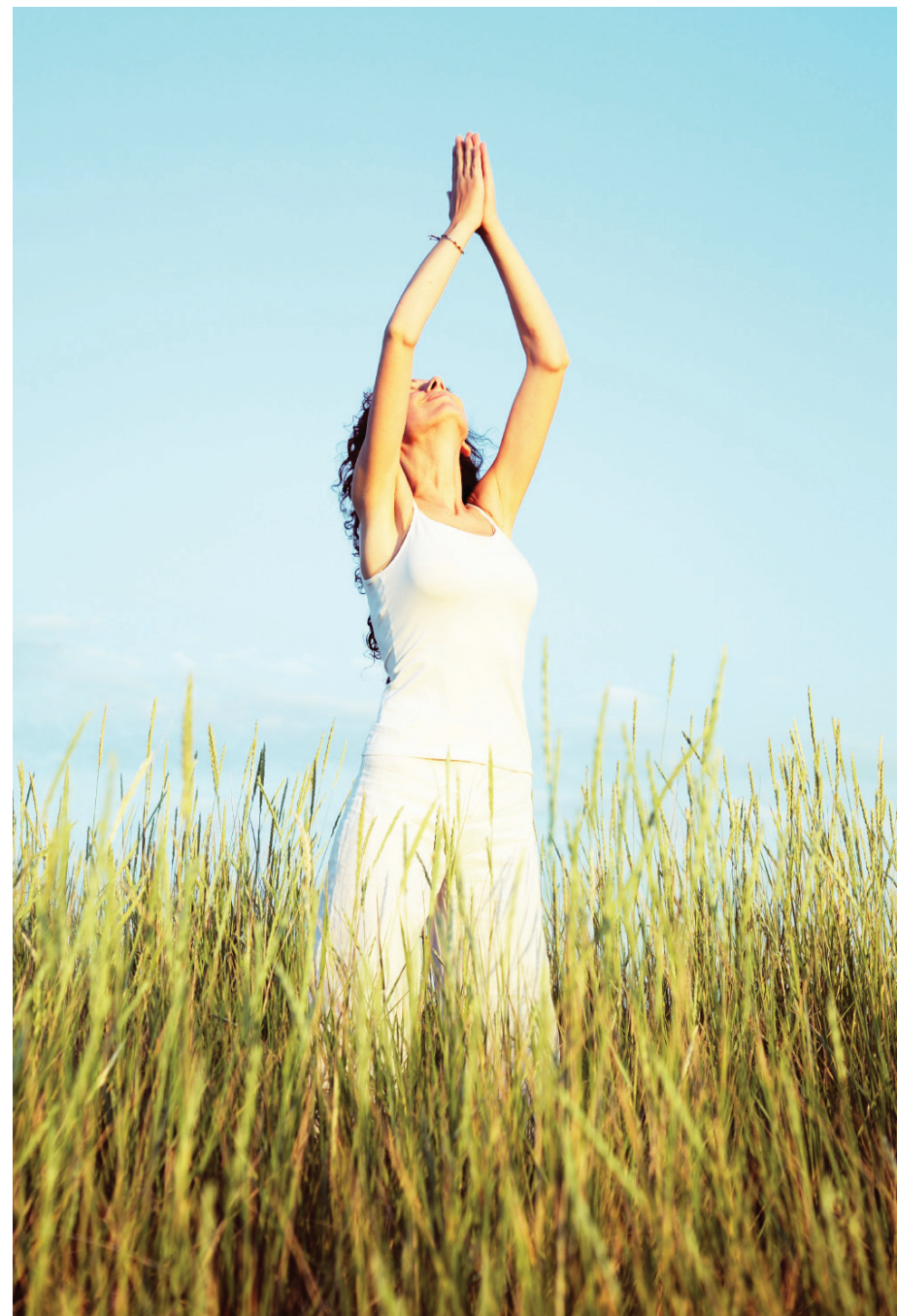
Celebrate summer solstice with 108 Sun Salutations. During the summer solstice, the sun appears to stand still at its highest point. Solstice comes from the Latin word "sol" or sun, and "sistit" or stand. When the sun seems to be standing still, we will honor the life it gives with 108 Sun Salutations, comprising of a dynamic asana sequence of several positions performed as one continuous flow. Why 108? We will share and explore the sacredness of the number 108 during the workshop with stories, chanting, and movement.

BIOS

Anna Carbonell (RYT) is a native-born Filipina who learned her first shoulder stand when she was about 4 years old. Upon growing up, Anna took interests in other things like musical theater, modeling, kung fu, and Hawaiian and Tahitian dancing. It was at exhale where she began her passion to teach yoga and completed her yoga teacher training. Anna is also certified to teach Yin Yoga under the tutelage of Sarah Powers. She also completed her 300-hour Jivamukti Yoga teacher training with David Life and Sharon Gannon, and is always striving to deepen her yoga practice both on and off the mat. Anna infuses Aloha in her classes by incorporating love, warmth, and compassion in the fluidity of the asanas and serenity of the Yin postures. You may often find yourself chanting in her class, flowing to Hawaiian music, and relaxing during Savasana (corpse pose), added with loving healing touches.

Kirtan Smith was born to dedicated yogi parents. His early childhood included daily study of Hindu scriptures, reading and writing in Sanskrit, mantra chanting, and body surfing at Venice Beach. In high school he was a star football player and went on to play rugby while attending UCLA. The years of football and rugby left his body so damaged that he began asana practice with Shiva Rea. He completed teacher training at the Krsna-Shakti Ashram in Sao Paulo with Regina Shakti, one of Brazil's foremost Hatha Yoga masters. From there he went to work on a remote island off the coast of Rio de Janeiro. He teaches Hatha-Vinyasa Yoga and strives to make Ahimsa the basis of his life. He is known for his attentiveness and care for his students, and for infusing aspects of Bhakti (devotion) into his classes. www.thecontentsoul.com

David Hollander, 500 RYT, has been teaching yoga in New York City since 1994. Since 2001, he has created vinyasa and ashtanga programs for several Manhattan yoga centers in addition to leading two teacher training programs. His studies in India, combined with his integration of kirtan, guitar, and poetry add a unique flair to the classroom experience. David is also a classically trained painter who has taught both drawing and painting for over fifteen years. David believes that "yoga is a creative exploration of the sensual and mystical experience of being alive."



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