

# CUPID YOGA

PARTNER YOGA, THAI MASSAGE AND REFLEXOLOGY WITH ANNA CARBONELL + KIRTAN



**Kirtan** was born in Los Angeles to dedicated yogi parents. His first trip to India was at the age of 6, and a few years later returned for a year of intensive yogic studies at an Ashram. He completed Teacher Training at the Krsna-Shakti Ashram in Sao Paulo with Regina Shakti, one of Brazil's foremost Hatha Yoga masters. For 6 years he taught Yoga and guided guests and celebrities from around the world on jungle hikes and ocean kayak tours at an internationally acclaimed Adventure/Detox/Yoga center. 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. He was recently featured in a Wall Street Journal article on Yoga. For more info please visit: [www.TheContentSoul.com](http://www.TheContentSoul.com)

**Anna**, a native-born Filipina, learned her first shoulder stand when she was about 4 years old from her father, Rolando "Swami Deva Leelananda" Carbonell, who helped pioneer yoga in the Philippines. It wasn't until the year 2000 that she reconnected with yoga at Jivamukti Yoga Center under Sharon Gannon, David Life, Yogeswari and other extraordinary teachers. It was there where she found her way back to yoga, yet 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. Anna infuses Aloha in her classes incorporating love, warmth, and compassion in the fluidity of the asanas and serenity of the Yin postures.

## friday, february 13

7:30pm - 9:00pm | \$35/person or \$60/couple  
\$30/person or \$50/couple if registered before february 9  
\* early bird reservations must be purchased at a unit location

**Join us on Valentine's Eve for a very special evening with your loved one or friend. Enjoy deep partner stretches, Thai and foot massages in a romantic setting complete with mood lighting, rose petals and essential oils. No prior yoga experience needed. Suitable for all ages and levels. Come with a friend or your spouse!**