



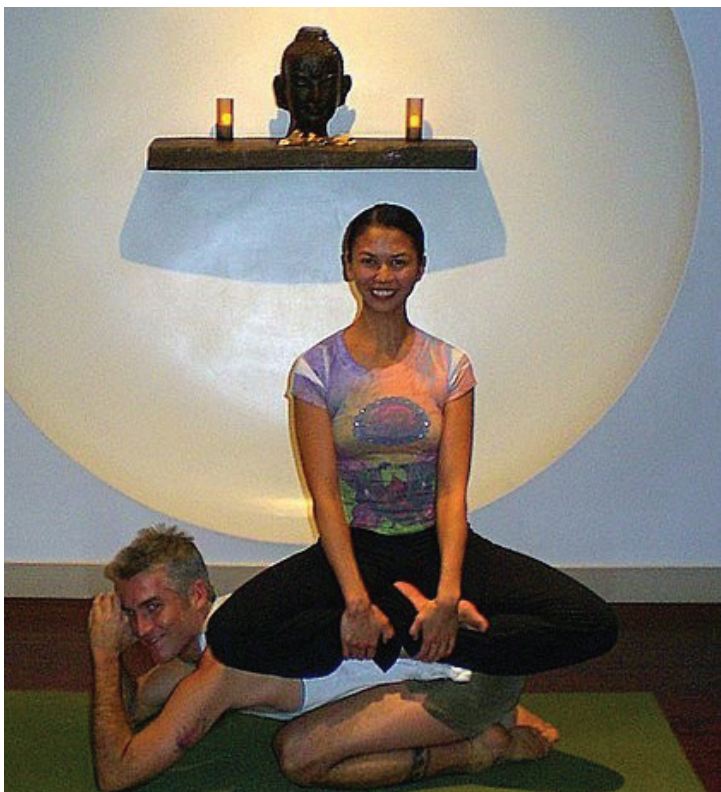
SATURDAY, FEBRUARY 13 | 6:30PM - 8:30PM
\$70/COUPLE; \$60 IF REGISTERED BY FEBRUARY 7

CUPID YOGA

PARTNER YOGA, THAI MASSAGE + REFLEXOLOGY

WITH ANNA CARBONELL + KIRTAN

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



ANNA CARBONELL a native-born Filipina, learned her first shoulder stand when she was about four years old from her father, Rolando "Swami Deva Leelananda" Carbonell, who helped pioneer yoga in the Philippines. Her first true experience in the practice of yoga was when she attended Ananda Marga ashram in her homeland when she was just a little girl. Upon growing up, Anna took interests in other things like musical theater, modeling, kung fu, Hawaiian and Tahitian dancing and found herself veering far away from yoga. It wasn't until the year 2000 did she reconnect 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 had 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.

KIRTAN was born in Los Angeles 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. His first trip to India was at the age of six, and a few years later returned for a year of intensive yogic studies at an Ashram. 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. After graduation he moved to Brazil where his teacher encouraged him to devote his life to sharing yoga. 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. For six 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.



150 CENTRAL PARK SOUTH NEW YORK NY 10019 212 249 3000 EXHALESPA.COM