

# MANDALA VINYASA EXPERIENCE

*With Danielle Martucci*



## Mandala Flow

SATURDAY, NOV. 23  
2-4 PM

**\$25**

The Mandala Vinyasa Practice is to honor the creative energy in all its manifestations. This methodology is highly influenced by the 4 elements: Air, Earth, Fire & Water. Open up into deeper introspection as we move around the mat.

GOOD VIBES YOGA  
237 FRANKLIN AVE, NUTLEY NJ