

vino vinyasa

with Christa Mastrangelo Joyce

NOVEMBER 13, 2018 • WINCHESTER

CRUSH

WINE BAR LTD.

WINE - TAPAS - HAPPINESS

Jala's Got a CRUSH on You!

Start your week with an evening of relaxation: Join **Christa Mastrangelo Joyce** on Tuesday, Nov. 13, for her 5:30 Vinyasa Basics class followed by an opportunity to partake in one of the many choices of wine from adjacent **Crush Wine Bar**. Crush features a world-wide selection of wine and delicious tapas. Your first glass of wine is included in event pricing. All tapas can be purchased for 10% discount.

\$5 FOR JALA YOGA MEMBERS AND CLASS CARD HOLDERS

(be sure to reserve class online, but pay in person.)

\$15 FOR NON-MEMBERS

(please call 401-440-0279 to reserve your spot.)

CASH ONLY, PLEASE.



WINCHESTER

JalaYogaFlow.com

401.440.0279

Christa Mastrangelo Joyce



Christa Mastrangelo Joyce is E-RYT500 hour certified through Kim Manfredi. She holds an additional 1000 hours of training through her studies with Sianna Sherman, Bernie Clark, Maria Garre, Shiva Rea, Desiree Rumbaugh, Tiffany Cruikshank, and Andrew McCaulay. Christa is the owner of Jala Yoga with locations in Shepherdstown, West Virginia and Winchester, Virginia. She blends her early background and knowledge of Ashtanga, with a strong alignment-based infusion of Iyengar Yoga. Her teachings emphasize moving fluidly and safely, with a strong understanding of anatomy and Ayurveda, and incorporate her knowledge of breath work, meditation, and Yoga philosophy. She works to create classes that allow people to feel at home in their body, while providing space for them to become stronger, healthier, more attuned to life, and more connected to their self and to the world around them.