

FUNKY MUDRA

yoga studio



**GET YOUR
FIRST TWO WEEKS
FOR ONLY \$49**



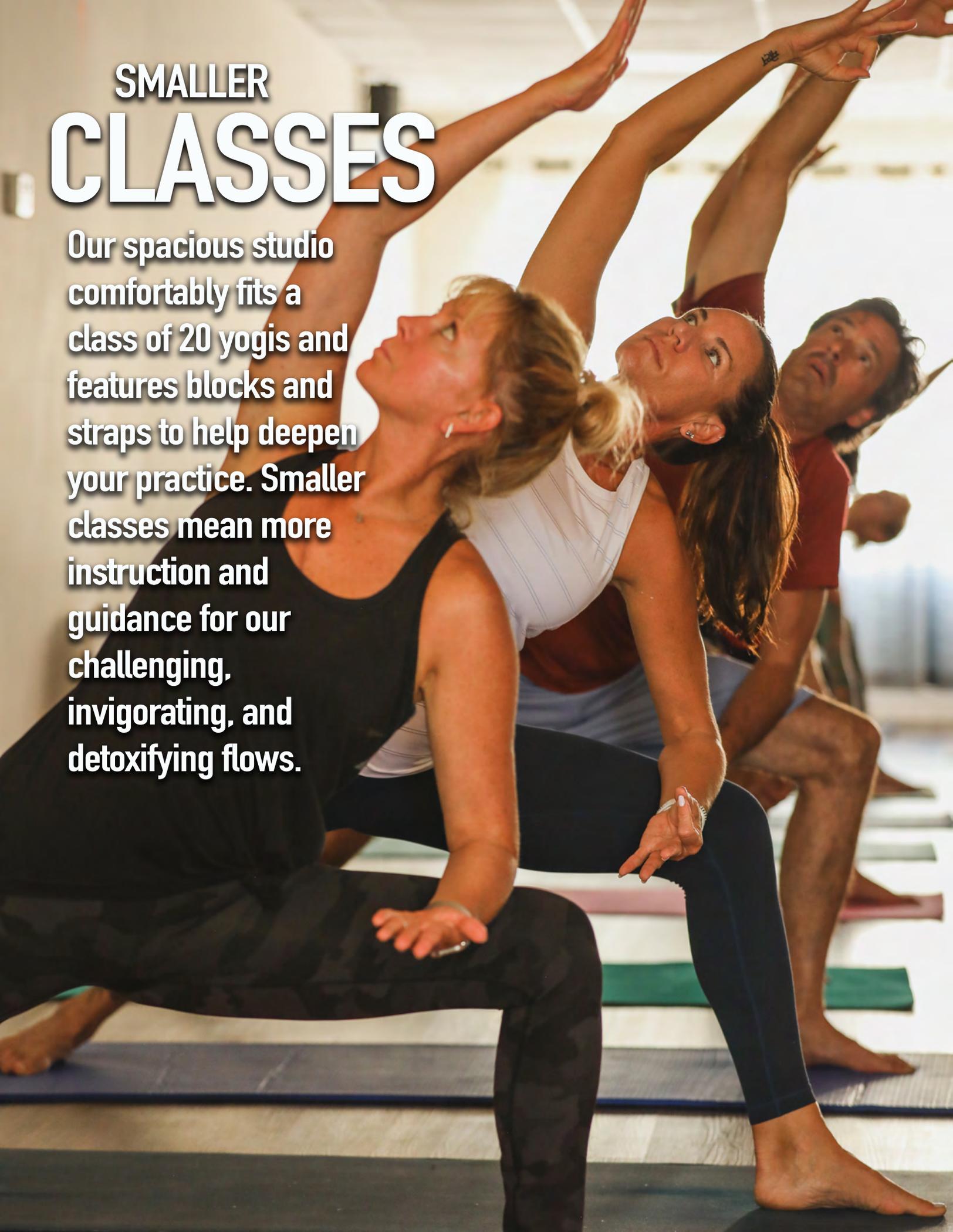
THE FUNKY MUDRA EDITION

A woman in a pink sports bra and white leggings is performing a handstand in a yoga studio. She is balanced on her hands, with her feet together and legs straight. In the background, another woman in a black tank top and grey leggings is in a cobra-like pose on a pink mat. The studio has wooden floors and various yoga mats in green and blue. The text "PRACTICE MAKES PERMANENT" is overlaid in white, bold, sans-serif font.

**PRACTICE MAKES
PERMANENT**

SMALLER CLASSES

Our spacious studio comfortably fits a class of 20 yogis and features blocks and straps to help deepen your practice. Smaller classes mean more instruction and guidance for our challenging, invigorating, and detoxifying flows.





EXPERIENCED TEACHERS

Great yoga teachers are present, not "perfect." Our teachers aren't about trying to fit into a mold of what an ideal teacher "should" be. All of our teachers have multiple continuing education certifications and can instruct to a room full of students who have different needs and intentions. Our teachers being well versed in anatomy and proper alignment, are passionate about expanding your practice. They will always encourage you to move at your own pace.



PRIVATE LESSONS

Ready to take your practice to the next level? Working on arm balances or inversions? Or just a beginner looking to build a foundation? Book a 1-on-1 private session or small group (up to 4) with your teacher of choice.

Email: admin@funkymudrayoga.com
to inquire!



CREATING LOCAL
BRAND SYNERGY

ABOUT THE OWNER

After leaving the competitive dance world when I was 18, I knew that trying yoga was off the table for me. I thought it would be too easy and like most, not knowing anything about it, I was quick to judge what it was and how anyone could benefit from it. It wasn't until 2011 during grad school that I started to get into yoga. Good or bad days, I just kept showing up to my mat and slowly but surely I started to feel less anxious, less stressed and more present in my life. This led to more control of my mind and body and soon I was running longer distances, lifting heavier in the gym with little to no injuries—it was just a different kind of strength. I knew ultimately one day I was going to teach yoga but never thought I would have my own studio, but life is funny like that. ;) Practice really does make permanent.

WHAT IS FUNKY MUDRA?

We provide a practical approach to yoga by offering strong classes and experienced teachers. Studio culture reflects a community to build mind-body connection and promote practicing as much as possible as an entry point to a calm, steady and clear the mind. Curiosity, is the only prerequisite.

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