

We look forward to seeing you on Saturday!



We only have 12 spots left for class
[sign up now](#) and reserve your spot!

Celebrate the arrival of spring with your favorite yoga community!

-=- Buti Glowga Class -=-

We start the night with a class led by the dynamic and powerful Clare who is coming all the way from Ukiah to lead us to victory. Buti Yoga is a calorie-scorching workout that fuses power yoga with cardio-intensive tribal dance + body sculpting primal movement. Add to that black lights, body paint, pumping music and more! Wear something neon, non-

see-thru white or day-glo. Arrive early to get face and body paint done.

-=- It's party time! -=-

Chase that with a FREE party after class featuring a bubbly bar with the Chambong (because it's awesome!), a vapor lounge, massage, hula hooping, vendors and more!

-=- Potluck -=-

Please bring a veggie or vegan dish to share after class!

-=- When -=-

Doors at 5:30pm for body painting
Class is at 6:30 and is only \$23
Party is at 9:00 and is FREE!

We will have deals on yoga and floating throughout the night. Tickets are \$6 each or 4 for \$20 and are good for drinks, massage, vapor, tarot and the neurospa.

-=- Featuring -=-

Hooping by Antonio Gomez
Women's Fashions by Rag-Doll Designs
Vintage Clothing Boutique by Davin Coffey
Free Samples from Organic Girl
Bubbly bar by Chambong
Vapor Lounge by Volcano

Please welcome the newest addition to Mission Yoga!

CAROLYN BODYWORK

PEACE LOVE STRENGTH
FOR YOUR
MIND BODY SOUL



CAROLYN BODYWORK



CAROLYN_BODYWORK



CAROLYN_BODYWORK



CAROLYNSMYTH211@GMAIL.COM



(415)275-0120

60 MINS: \$89

90 MINS: \$129

How I found the healer and massage therapist in me

After enduring a volleyball career ending injury in 2007, I was diagnosed with Chronic Pain and Thoracic Outlet Syndrome. The only form of therapy that brought me consistent relief was massage. When this injury continuously prevented me from living my best life, I decided to quit my job and explore career paths that could foster my self-care and wellness needs.

I have always loved helping others and I can now utilize my intuitive touch to help my clients become pain free. I believe everyone deserves to feel Peace, Love, and Strength within. As someone who has endured the challenge of 10 plus years with chronic pain, I have compassion and a deeper understanding to my clients pain. There is a cruciality to be pain free in order to experience our right to joy every day.

When I'm not giving massages

You may find me driving in my Ford C-Max or walking down Mission Ave having a dance party with my awesome self. Feel free to join my world, always love a good dance off or extended dance party!

Self-Care routine

I meditate daily. Yoga and hot pilates, of course! Love giving and receiving High Fives, so if you see me in class at Mission Yoga you will witness me give myself many of them. Hiking/walking my rescue dog Kobe keeps me grounded and connected to my soul.

Creative Outlet

I write poetry, prose, and my wonderful brewing thoughts. I also paint freely with whatever colors are capturing my eye.

What Else Is Going On

Currently getting Reiki attunement. Chakra, crystal, and stone healing. Will be offering add ons mid may. Look out for free practice offers! (hint, follow Instagram for info on freebies)

Favorite Hashtag

My own, #PeaceLoveStrength is my tagline and what I live by and strive for each day. It is also what I hope to help my clients reach after they leave my table. #SkinnyDontMeanWeak stems from me being told I was too skinny since the day I was born and being told I was weak. There is always a Yang to the Yin, now I have an awesome hashtag and I am probably stronger than I would've been if I didn't experience being told I was weak. Lesson learned, don't listen to what people tell you you are... they aren't you.

Before Becoming A Licensed Massage Therapist

I was born in San Francisco (5th generation), and was raised in North Bay. I worked at a non-profit, Playworks, with a wonderful mission to help kids be their best self through the power of play. I went to University of Oregon for my undergrad, Go Ducks! Played competitive volleyball until a career ending injury, Thoracic Outlet Syndrome. I coached volleyball at Gateway High School in the Fillmore District.

[Mission Yoga](#) | (415) 401-YOGA | [schedule](#) | [email](#) | [website](#)

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