

# SUNDAY YOGA BRUNCHES

*Four Winter Sundays  
Four Inspiring Yoga Teachers*

• 1:00 pm •

*Sunday February 10 - Erica Mather*

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*Sunday February 17 - Rika Henry*

•  
*Sunday February 24 - Kiley Holliday*

•  
*Sunday March 3 - Bee Bosnak*

Relaxing  
&  
Enriching

Delicious  
&  
Healthful

Informative  
&  
Provocative



ERICA MATHER



RIKA HENRY



KILEY HOLLIDAY



BEE BOSNAK

Just what exactly is our Yoga Brunch? A relaxed Sunday gathering of yoga-lovers gathered around a brunch table hosted by a celebrated yoga teacher. Our special guest teacher will lead an authoritative yet informal discussion about yoga, encouraging you to ask everything you've always wanted to know about the practice. Up to 12 guests will be seated together at a communal brunch table. We will enjoy a healthy and delicious two course brunch, beginning with freshly pressed fruit juices. Our menu will include two choices for each course, including gluten free and dairy free options. See menu on last page. Reservations are open to the public on a first come, first serve basis.

I am inspired to offer this series based on the joy and well being I derive from my own yoga practice. It provides invaluable energy, strength, flexibility and a peace of mind that I so find essential to my life. I'm convinced I would not get through my long and sometimes challenging days and nights in my restaurant without the counterpoint that yoga offers. I hope these gatherings hosted by gifted teachers will offer you insights into your own practice.

**SEE FOLLOWING PAGE FOR PROFILES OF ALL FOUR YOGA TEACHER BRUNCH HOSTS**

**SCHEDULE** - Each brunch begins at 1:00pm and will last approximately 90 minutes.

**PRICE** - \$39 per person, plus tax & gratuity

### RESERVATIONS

TEL (212) 390 8060 - OR - EMAIL [maitred@rotisserieg.com](mailto:maitred@rotisserieg.com) (*please include date & number of guests*)



### Sunday February 10

**ERICA MATHER** As a lifelong teacher, Erica’s mission is to make a difference in the world, and, hopefully, in YOUR life. She began as a talented jazz and classical musician and in recent years, turned her attention to teaching yoga, and the many threads spinning the practice. Now Erica teaches Body Image Positivity. We highly recommend her article, “How I Came to Love My Body”. In 2009 Ana Forrest invited Erica to become part of an elite circle, The Guardians, senior teachers entrusted with passing along the Forrest legacy. In 2011 she made her debut on the National yoga scene, with appearances at Kripalu and Wanderlust. She broadened her horizons internationally at the Bali Spirit Festival, the first Forrest Yoga Conference “Wind Horse”, and a residency at the Tembok Spa in Bali. In 2014, Erica launched her online program “Adore Your Body”, a Signature System to help overcome body image challenges, served as lead assistant for Ana Forrest’s 200 hour teacher training, co-lead her first retreat in partnership with LuxYoga. She is a 1000hr Certified Yoga Therapist, and Author of the forthcoming book (working title) *Fierce Feminine*. [www.ericamather.com](http://www.ericamather.com)

### Sunday February 17

**RIKA HENRY** A native of Shanghai, Rika has become every bit the New Yorker. When you observe the sheer power and precision of her practice, you will be astonished to learn she did not take up yoga until 2013 at the age of 44, and then only out of boredom with the gym and running. As fate would have it, she began with the challenging practicing of Ashtanga and moved to NYC in summer 2016, to study Ashtanga under the guidance of renowned teacher Eddie Stern. Currently, she is studying the advanced A series in Ashtanga with Eddie. According to Rika, “ I think it is not having a dance or gymnastic background and the fact that I started practicing in my mid 40s, that make me the teacher I am today. I firmly believe yoga is 99% practice.” Rika is pure discipline and perseverance, and it shows in her practice and her approach to yoga. Regardless of her very demanding teaching schedule at Equinox and Rise by WeWork, she practices six days a week.



### Sunday February 24

**KILEY HOLLIDAY** In addition to being a yoga teacher, Kiley is also a wellness counselor, and certified Tea Master. The practice of yoga, in her view, is a means to heal the body and focus the mind in order to maintain a relative state of equanimity. Born in Los Angeles, she spent her early years training as a competitive figure skater before moving east to attend New York University. After years of sitting in the library, she turned to yoga to regain the strength and flexibility she had as a young athlete. In 2007, she left graduate school to become a yoga teacher and hasn’t looked back. Always accompanied by an inspiring playlist, Kiley’s classes emphasize precise physical alignment while increasing strength and flexibility, using an innovative vinyasa sequence. She assess her students strengths and limitations, offering instruction to maximizes their potential both on and off the mat. Kiley is certified E-RYT 500 by Yoga Alliance, and has studied under Dana Flynn, Ana Forrest and Tiffany Cruikshank, amongst others. She teaches hot power yoga, acrobatic vinyasa flow, and yoga for athletes both privately and at Pure Yoga and Equinox Sports Clubs, in addition to leading retreats and workshops around the world. [www.kileyholliday.com](http://www.kileyholliday.com)



### Sunday March 3

**BEE BOSNAK** is a New York City based healer/teacher/mentor and the creator of Heal Yourself. Bee has been studying yoga, meditation and the human condition for the past decade and continues to study philosophical and spiritual aspects of the practice from various disciplines. Bee teaches a vast variety of yoga and meditation classes throughout New York City, as well as leading her heartfelt signature method Heal Yourself Yoga & Meditation workshops and retreats worldwide. Her online classes can be found on [www.oneoeight.com](http://www.oneoeight.com) as well as upcoming events on [www.beebosnak.com](http://www.beebosnak.com)



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SUNDAY  
**YOGA  
BRUNCHES**

**CITRUS, CITRUS**

Freshly Squeezed Orange and Grapefruit Juice, Elderflower Cordial

OR

**GREEN WITH ENVY**

House-Pressed Green Apple Juice, Jasmine, Ginger, Mint



**WINTER SALAD**

Endive, Radicchio, Fennel, Blood Orange

Roasted Shallot Vinaigrette, Hazelnuts

OR

**G'S NUTTY MAPLE GRANOLA**

Non-Fat Maple-Vanilla Yogurt, Fresh Fruit



**"LES BLANCS"**

Egg White Omelet, Sautéed Spinach

OR

**FARROTTO**

Black Kale, Pumpkin, Crunchy Pumpkin Seeds, Parmesan

Your choice of Coffee, Assam Teas or Herbal Teas

\$39

in addition to any additional beverages, tax, gratuity

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