

Yoga for Relaxation

4-week session with
Crystal Myers, E-RYT 500

When: April 3, 10, 17, and 23, 2019

Time: Wednesdays, 6:00-7:30 pm

Price: \$35 for the four-week session;
\$12 drop-in

Where: Earl Heck Community Center
201 N. Main St.
Englewood, OH



Are you feeling stressed, anxious and/or overwhelmed? Do you have low back and/or hip pain that just won't go away? Are you carrying tightness in your neck and shoulders? If so, then this class is for you! Enjoy a gentle yoga practice that is designed to stretch the entire body. We will practice meditation and pranayama designed to clear your mind and leave you feeling relaxed and peaceful.

Participants will experience accessible yoga postures, meditation, breathing techniques, and deep relaxation to reduce stress and enhance overall health and wellness. Please wear comfortable clothing and bring a yoga mat and blanket.

Register with Crystal
by phone 937-836-3469

or by email: paintandmeditate@yahoo.com (new email)

or you can still reach me through my old email: mcabcm@netscape.com