



HEART OPENING YOGA

Sunday, February 18th

11-12:30

\$15

Make a date with yourself for a hot, heart opening practice that includes body warming asanas (poses), pranayama (breath work) to reenergize, and a meditation to increase your openness to love!

Heart opening yoga helps us get through 'the winter blues', can reduce stress, will decrease the feelings of aloneness, and may even boost your self-confidence. The muscle strengthening, upper body stretching, releasing tension from your neck and shoulders, and creating a more flexible, mobile spine, are all perks too.

Warm herbal spice tea will be available after class!

Spend some quality time with YOU, and give yourself a little TLC.

Or, bring a friend and share the love!

You deserve it and your body will smile.

Please let us know you'll be joining us.

Just bring your usual hot yoga accessories.

