

HATHA YOGA FOR CONTINUING STUDENTS

Sunday October 30, 2016

9:30-11:00a.m

\$19



Inspire & Connect to the Rhythm of the New Moon

Practice will include:

- *Mantra*
- *Asana*
- *Pranayama*
- *Deep Relaxation*

Students will increase strength, stamina, & peace of mind.

Through the practice of Yoga profound healing occurs. A commitment to class offers physical, emotional, & intelligent health.

This connection unfolds the ability to trust and believe in your self.

Donna began teaching classes in 2005 and blends the modalities of trainings.

