

Are you 'wound too tight'? Or feel like you have the weight of the world on your shoulders?

Unwind with Ursel Harmon

and Debbie Seabrook

Saturday June 22, 2019

as Community Yoga, Cornelius NC,

*hosts an afternoon of Gentle and Accessible yoga experiences;
try one, two or all three!*

❖ **Pranayama; with laughing meditation**

2:00-2:45pm \$15

❖ **Gentle Flow Yoga class**

3:00-4:00pm \$20

❖ **Restorative class**

4:30-6:30pm \$30

All three for \$60 (all classes are all level) Space is limited, please register early!

**students attending need to RSVP to Amy (704-491-4749) by June 8th.*

Pranayama is the Sanskrit word for yogic breathing practices. The intent of the practice is to focus the mind and develop awareness of subtle body sensations. This class will use easeful breath work to reduce stress and create a sense of well-being. We will end with a laughing meditation; you don't know how much fun you will have if you miss it!

Gentle Flow yoga class offers personal modifications and emphasizes integrating mind, body, spirit, and breath – all within a playful, safe environment. Participants are encouraged to accept the beauty of their practice without needing to achieve anything other than coming into the present moment and truly experiencing it.

Restorative yoga class helps bring balance back to your life. Based on the teachings of Judith Hanson Lasater (PhD, PT), this 2 hour class will move the body through a series of fully supported poses, gently moving the spine in all directions as well as placing the body in a supported inversion.



****CEUs available for teachers –please contact gentlyogacharleston@yahoo.com for information**