

Yoga at Unity

with Lori Myrick



Gentle Yoga Classes

Ongoing Tues. evenings 5:30–6:45pm beginning 10/23/18

A combination of breath work and gentle postures to help build strength and flexibility, increasing the health of our organs, as well as quieting our minds. Blending in kriyas to move energy in the body, for overall well-being. Each class will end with meditation to fully integrate the practice, and allow for deeper introspection.

***Please bring a yoga mat, cushion or blanket and water to replenish the body. Blocks, straps and eye pillows will be provided.

Pricing *(includes CT sales tax)*

Drop in: \$16.00

5-class card: \$70.00 *(paid in full at first class, cash or check made payable to Unity)*

10-class card: \$120.00 *(paid in full at first class, cash or check made payable to Unity)*

*(**5-class card expires in 2 months; 10-class card expires in 4 months)*



Spirit Meadow Healing and Yoga

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