

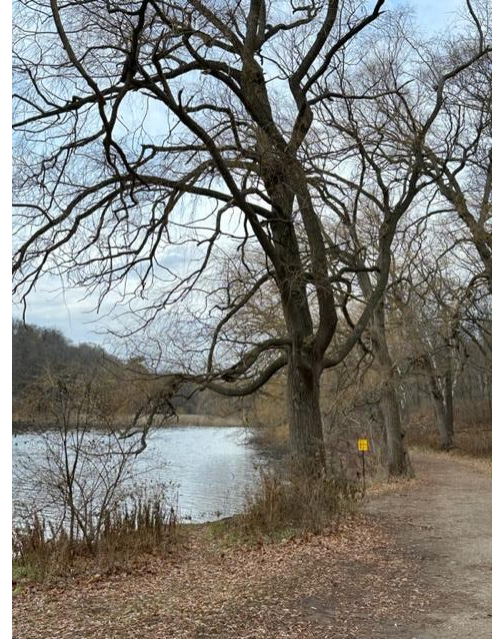
Hello Everyone

Holiday time can be joyful and festive and sometimes overwhelming and anxiety provoking! This month's classes will include practices for awakening our energy and cultivating steadiness and calm.

With the shorter days and longer nights a few minutes when darkness falls to rest in a Restorative yoga posture like Child pose or Legs up the wall can be relaxing and refreshing. Practicing complete yoga breath can be calming for mind and body.

See details below for the Winter Solstice class on Tuesday, December 20!

Warmly



PRE-REGISTER: kp.oconnell@yahoo.com payment by e-transfer. All classes on-line unless indicated otherwise

Classes are cancelled December 24, 27 and 31st

Saturday Morning Yoga

10:30–11:45 am

Enjoy breath practices and flowing sequences to refresh your energy, body and mind!

Fee: \$15

Tuesdays in December *Tuesday evening classes end with a restful restorative posture 6:30 - 7:50 pm

December 6 – Hatha Yoga – Experience effort and ease as we use the breath to soften and flow in the practice

December 13 –Hatha Yoga- Focus on forward folds, side bends, extension of the spine and twists.

December 20 – Special Winter Solstice class will include self massage, Hatha yoga, and Restorative postures to promote self reflection, refreshment, renewal and rest. Bring two tennis balls or similar type balls.

Fee: \$15

Pay what you can available for all classes, be in touch!

kp.oconnell@yahoo.com 416-315-7154
www.facebook.com/embraceyogaandhealth

www.embraceyogaandhealth.com
www.instagram.com/embrace_yoga_and_health

Like me on Facebook and follow me on Instagram

