

Hello Everyone

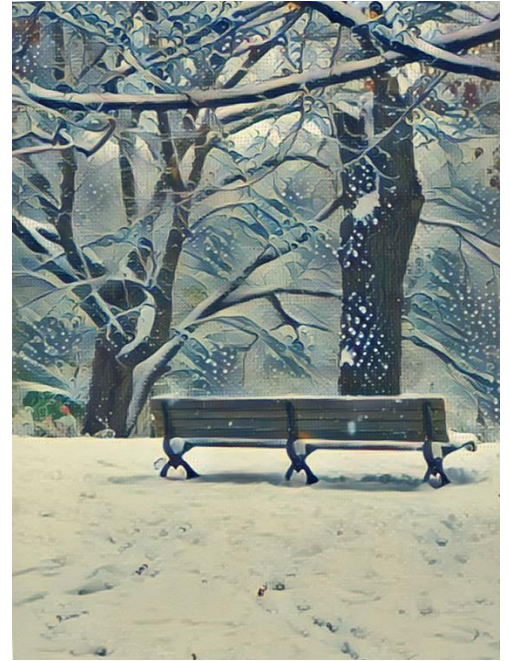
In the midst of this holiday season, where we can get caught up in busyness and various activities; the shorter days and longer nights can be an opportune time to pause and turn inward – to rest, to dream, to nourish ourselves.

Once we reach Solstice on December 20, the light returns. You are welcome to join me for a delicious and restful Yoga Nidra (yogic sleep) practice this month. It is my gift to you!

Hope you enjoy the darkness and light of this season!

Warmly

Kathleen



PRE-REGISTER: kp.oconnell@yahoo.com payment by e-transfer or cash. All classes are on -line

Saturday Morning Yoga

10:30 – 11:45 am

Awaken your energy with breath practices and flowing sequences to warm and strengthen the body.

Fee: \$15

Tuesdays in December

6:30 - 7:50 pm

December 7 – Gentle Hatha yoga for hips and shoulders. Class ends with a restful restorative posture

December 14 –Gentle Hatha yoga – Focus on the spine.

December 21 – Restorative Yoga and self-massage Rest deeply in yoga postures supported by props

December 28 - Yin Yoga: Pausing in yoga postures for a few minutes at a time, experience a deeper stretch and mind/body connection.

Fee: \$15

Yoga Nidra (yogic sleep)

Sunday, December 12, 3:30 – 4:30 pm

This is a guided meditation that includes a body scan, attention to the breath, finding deep rest. The class begins with a few gentle yoga postures.

RSVP – No charge

Sliding scale is available for all classes, be in touch!

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