

Gentle Yoga for the Holidays

a 4-week series on Stress Reduction

for all levels

Viniyoga is a gentle, breath-centric tradition that promotes the importance of functionality over form, respecting each unique person's capabilities and limits. Benefits include Strength, Flexibility, Balance, Focus, Relaxation, Equanimity, Self-Awareness and Well-Being.

Thursdays 10:30am to 11:30am Dec. 6, 13, 20 and Jan. 3

Old Millington Schoolhouse

1802 Long Hill Rd.

Please bring a mat and a blanket or towel.

Millington

\$40/person

Class size is limited. Register by 11/26 on Community Pass.

([https:// register.communitypass.net/longhill](https://register.communitypass.net/longhill) and select "Winter 2018")

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