

YOGA & MEDITATION 2022 SCHEDULE

WITH DINA GIUGLIANO, INSTRUCTOR & EDUCATOR

LOCATION: INDIAN LAND RECREATION CENTER

8286 Charlotte Hwy, Indian Land, SC 29707

\$25.00 per Yoga Class / \$45.00 per Meditation Class

1 Hour Sessions

BASIC YOGA, MONDAY'S AT 9:00 AM

October; 10th, 17th, 24th, 31st

November: 7th, 14th, 21st, 28th

December: 5th, 12th, 19th

PRENATAL YOGA, WEDNESDAY'S AT 9:00 AM

October: 12th, 19th, No Class 26th

November: 2nd, 9th, 16th, 23rd, 30th

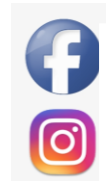
December: 7th, 14th, 21st

MINDFULNESS MEDITATION, FRIDAY'S at 5:30 PM

October 21st

November 18th

December 16th



Dina Kashmir Hands

TwoEmeraldHands

Please bring your own Yoga mat. Props: It is important to bring 2 thick Yoga blocks, a blanket and a Yoga strap. A bolster for Prenatal Yoga. We can practice without the props although it would be advantageous for you to have so that you can benefit more during class and your at home practice.

For Meditation Class, please bring your Yoga mat, blanket and pillows for comfort. If desired, an eye pillow as well.

Any changes to the schedule, you will be notified via email or text.

2023 Schedule Coming Soon!

“Dina is extraordinary!.. She takes the art of relaxation to a whole new level. You'll never leave disappointed and will only be disappointed from other therapists after experiencing her techniques.” -A.D

Dina Giugliano / Call or Text: 704-750-1435 / Info@KashmirHands.com
www.KashmirHands.com