

Make plans to start the new year off right by adding lunchtime yoga to your Wednesday schedule! Here's a bonus...in 2024, your first class is FREE!

- What: Lunchtime Yoga at Williams Mullen with Kirsten Larson
- When: Wednesdays from 11:45 am – 12:30 pm
- Where: PNC Plaza, 15th floor, off the elevators and immediately to the right.
- Mats, blocks, straps, and bolsters are available for use.
- Cost per class is \$8 payable through venmo, cash app, paypal, zelle, or cash.

Additional information regarding the class: The class format varies between gentle flow/meditation and slow vinyasa flow. A format schedule is emailed to current participants the beginning of every month. To have your email added to the distribution list, please email Kirsten at yogawkirsten@gmail.com. Generally, classes focus on correcting dysfunctional movement patterns which are exacerbated by periods of sitting and/or computer/cell phone use...so a perfect work break!

Additional information regarding the 15th floor: Elevators to floor 15 will be unlocked from 11:15 am – 12:45 pm to allow participants easy access. Restrooms are to your left and down the hall to the left in case you need a place to change clothes for class.

Additional information regarding the instructor: Kirsten Larson is a 500-hour certified yoga instructor and has been teaching yoga for 23 years. She is also an AFAA-certified group fitness instructor with over 30-years of experience teaching group fitness classes. Find out more about Kirsten at www.kirstenyoga.com.

Why should you practice yoga? Here are just a few reasons...

1. Improves flexibility
2. Build muscle strength
3. Perfects your posture
4. Prevents cartilage and joint breakdown
5. Protects your spine
6. Drops your blood pressure
7. Regulates your adrenal glands
8. Helps you focus
9. Improves your balance
10. Gives you peace of mind

[Article: Benefits of Yoga: 38 Ways Your Practice Can Improve Your Life](#)

Source: Yoga Journal

Any questions about the class or about yoga, in general, please email Kirsten at yogawkirsten@gmail.com.