



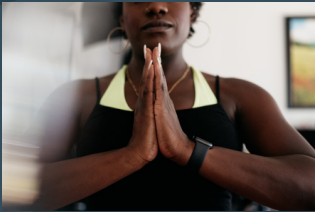
Yoga with Kyra

# UPCOMING

## CLASSES

First  
Class is  
FREE

*Check Out My  
website for prices  
and class schedule.*



**Oct**

### Chair Yoga

**10**

*In this one hour class you can experience yoga from a different perspective, sitting in a chair. Everyone is welcomed. This is a great way to deepen your stretch and your confidence with you posture practice.*

**Oct**

### All Levels

**17**

*In this one hour class we will cover the philosophy of yoga infused into a physical practice. We will cover concepts such as mantra, mudras, ethics, postures, meditations, mindfulness and yoga as a lifestyle. Bring a towel, water, journal and a mat*



**Oct**

### Yoga for Kids

**24**

*During this one hour class we will explore all five senses and how we are connected to the world around us. This is a great opportunity to connect with your little people on their level and spend some quality time*



**Oct**

### Themed Yoga: Beginners

**31**

*This class will focus on a specific yoga topic. In this one hour class we will cover the philosophy of yoga infused into a physical practice.*

For more information:

[www.thewellisticnurse.com](http://www.thewellisticnurse.com)