

Opening to Healing Practice

A GENTLE PRACTICE OF YOGA AND GESTALT WORK



Every Saturday, 10:30 am - 12 noon. Beginning March 20th

The practice of gentle yoga companioned with gestalt awareness and experience provides an outflowing and cleansing of injury. Our mind, body and spirit are supported with movement and breath that lead to a deeper awareness of "What is happening now" .

When shared with others within a safe space of compassion and confidentiality we can experience with one another as we grow beyond the dis-ease present from past and current trauma.

If you have more questions please feel free to contact me.



Selah Healing & Wholeness

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