



**Lena is offering WINTER YOGA Classes
New Class, New YOU in 2020**

**Choose any 4 Sessions (\$50) or \$15 per class
Mon 10 am or Wed 9:30 am**

"Smooth Moves" Vinyasa-

This class offers continuous, fluid movement with a healthy emphasis on alignment. Class starts with centering, warm up, low lunges then onto Sun Salutations, Surya A & B, along with a series of standing balances, hip openers, twists, inversions and back bends. There is upbeat music to inspire the flow. Class ends with a relaxing Savasana.
All levels are welcomed.

**What you need
to bring:**

- 1. Yoga Mat**
- 2. Water bottle**
- 3. Comfortable clothes**

**Welcome to The Angel
Wing, A Divine Spiritual
Center**



**49 Ethan Allen Hwy
(route 7) in Ridgefield**

Drop Ins Available!!

**(Easy sign up via
email/ text to:
lenabiz@icloud.com
or 917-363-7744)**