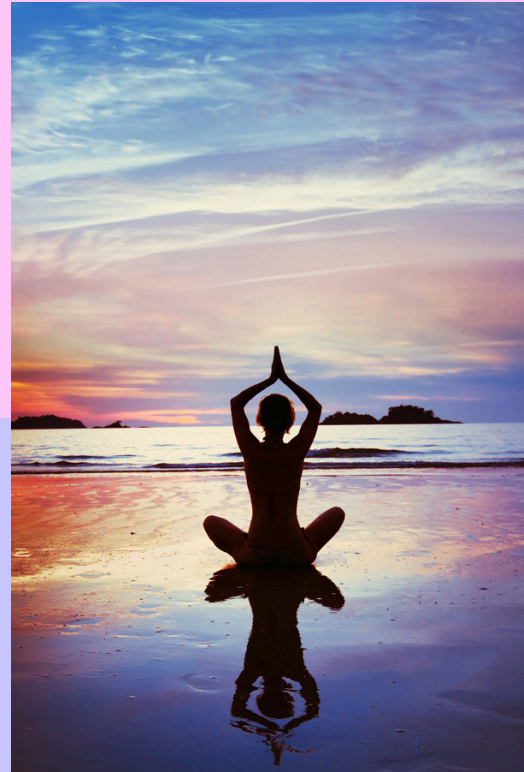
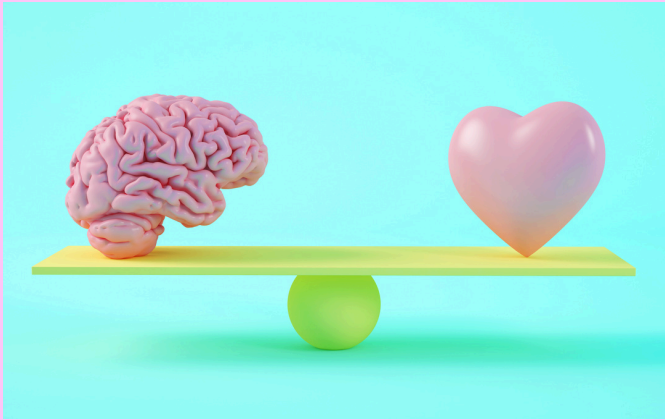


Saturday Morning Yoga For Wellness

Terumi LaGuardia, RYT-200 Certified Yoga Instructor



What Are the Benefits?

- Improved Breathing
- Overall Strength
- Improved Flexibility
- Improved Balance
- Decreased Back & Joint Pain
- Better Concentration &
- Mental Focus
- Relaxation & Well-being

Saturdays at 10am

This class teaches the basics of Hatha yoga (a combination of physical postures, deep breathing, and relaxation). This practice will help you understand what yoga is and what it isn't, help you feel comfortable on your yoga mat while honoring and respecting your body, and release mental and physical tension. Expect to learn techniques to feel more connected with your body, adapt postures and sequences for YOUR own body, breathe more consciously and use a greater capacity of your lungs, and incorporate some simple concepts of mindfulness into your practice and daily life.

Space is limited!!!! You must register in advance - contact info below

40 Court Street
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757-903-6978
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Full Bloom Wellness