

Devoted Yoga Teacher Kat Abrams, RYT presents  
**Lunchtime “Kripalu YOGA” @ The Egg!**

New Sept. / Oct. Yoga session begins Fri. Sept 8<sup>th</sup>

Gentle Yoga, Deep Stretching & Deep Relaxation

**Tuesdays, Wednesdays & Fridays ~ 12:15 - 1pm**

Choose from 3 inspiring Yoga classes weekly! *All welcome!*

Bring your *whole self* into a new sense of balance, strength, calm, resilience & joy!

Kat’s empowering Yoga practices at The Egg explore easy to follow movement & posture sequences to help you find *your pain-free range of motion*. Relieve back, neck, shoulder pain & overall body pain. Increase your energy, flexibility, balance, strength & steadiness! Learn how to Breathe deeply again!

Purify your body, build immunity & calm your nervous system w/ mindful EZ Yoga w/ Kat.

Release your chronic stress patterns! Calm anxiety & worry! Feel more joyous, relaxed, well & alive!

Enjoy Kripalu Yoga w/ skilled & supportive  
Kripalu Yoga & Meditation Teacher

**Kat Abrams, RYT**

45 minute Kripalu Yoga classes,

Conveniently in your lunch hour @ The Egg!

- Re-energizing warm ups & limbering stretches
- Confidence, strength & balance building Yoga poses
- Restorative quiet, relaxation & deep rest ..ahhhhhh
- Enroll for one, two or three Yoga classes each week.
- Empowering “Life lessons” for you every week !

