

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

New Year *January / February* session begins Monday Jan. 7th, 2019

Gentle Yoga Flow, Deep Stretching & Deep Relaxation

Mondays, Wednesdays & Fridays ~ 12:15 - 1pm

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

Kat's empowering yet calming Yoga classes are each a "meditation in motion". Take a noontime restorative Yoga break to enjoy creative and easy to follow Yoga flows with Kat, to help you find *your personal pain-free range of motion*. Practice *non competitive* Kripalu Yoga to relieve low-back, shoulder / neck pain, leg/ foot pain & overall body pain! Increase your energy, vitality, flexibility, balance & strength! Learn how to breathe deeply again! Relieve chronic stress & anxiety! Calm your mind.

Weekly Yoga w/ Kat will ignite your innate health, Well Being, Joy & Inner Peace! 😊

Enjoy Kripalu Yoga w/ skillful, inspiring & supportive Kripalu Yoga & Meditation Teacher
Kat Abrams, RYT

Three weekly 45 minute Kripalu Yoga classes, conveniently @ noontime @ The Egg!

- Enjoy 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 !

