

Devoted Kripalu Yoga Teacher **Kat Abrams, RYT** presents

Lunchtime Kripalu YOGA @ The Egg!

“Winter to Spring Yoga” for March & April begins Fri. March 8th, 2019

Kripalu 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 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!

