

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

Join us! September / October Yoga session begins Wed. Sept. 4th
Gentle Yoga, Deep Stretching & Deep Relaxation
Mondays, Wednesdays & Fridays ~ 12:15 - 1pm

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

Kat's skillful & empowering practices are "a mediation in motion". Enjoy flowing movement & creative Yoga posture sequences to find *your pain-free range of motion*. Practice *non competitive* Kripalu Yoga to relieve low-back, shoulder / neck pain, overall body pain, to align your body & increase your energy, flexibility, balance & strength! Learn how to Breathe deeply again! Relieve chronic stress & anxiety!
Calm your mind. **Be more connected to your innate Well Being, inner wisdom & Inner Peace!**

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

45 minute Kripalu Yoga classes,
Conveniently at lunchtime @ 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 !

