

Yoga!

Lunchtime @ The Egg

New 7 week Yoga session for Sept. / October 2021

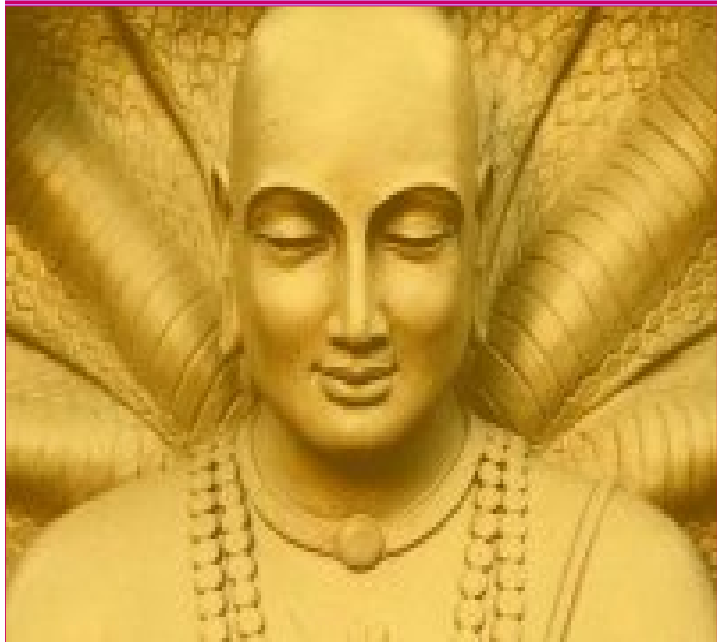
Begin anew w/ Fall Yoga @ The Egg!

Returning on Mon. Sept.13! Restore on the peaceful Kripalu Yoga mat w/ Kat!

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

Move, Stretch, Breeeathe, Re-energize, Strengthen, limber, re-align & restore your *entire* body/mind. *Yoga & Yogic breathing are *natural* pain relievers & build immunity!

Wring out: tension, fear, habitual “stuck-ness” or emotional pain & therefore, physical pain & stress- related illnesses! **Kripalu Yoga w/ Kat will re-kindle *Inner Calm & Joy!***



**Break away @ Lunchtime for uplifting & empowering
Kripalu Yoga, Deep Stretching & Deep Relaxation
w/ Kripalu Yoga Teacher Kat Abrams, RYT**

***For Info - Kat Yoga@hotmail.com Call 518 -233- 1717**

All welcome. A judgment free zone!

User friendly & “EZ to follow” classes

w/ a skillful, centered & kind Yoga Teacher!

•Enroll for any one, two or 3 Yoga classes each week. *You chose.*

- Re-energizing, limbering & fun warm ups!
- Mindful “*whole body*” gentle & deep stretches
- Practice centering & confidence building Yoga poses
- Deep* restorative relaxation & rest, ahhhhhhh
- Meditation to expand mental health, clarity & “connectedness”