

Winter Yoga Sessions at Soulitudes

Rosa Milne

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Soulitudes Wellness Center

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It's hard to believe, but winter is almost here and 2010 around the corner. Start the New Year with yoga classes. Feel and see the difference in your physical, emotional and mental health. Registration is required due to limited space with a minimum of two participants in each class. We are not accepting walk-ins at this time due to space limitations. Yoga mats, blocks and straps are provided. For registration or more information call Rosa at 585-727-3131 or email: rosa_milne.reiki@yahoo.com

Tuesdays: 1/5 - 2/2 (5 weeks) \$60.00

Tuesdays: 2/12 - 3/9 (5 weeks) \$60.00

Gentle Yoga: 1:30pm, 3:30pm, 5:00pm, 6:30pm

Wednesdays: 1/6 - 2/3 (5 weeks) \$60.00

Wednesdays: 2/13 - 3/10 (5 weeks) \$60.00

Chair Yoga: 9:30am and Gentle Yoga: 11:00am

Thursdays: 1/7 - 2/4 (5 weeks) \$60.00

Thursdays: 2/14 - 3/11 (5 weeks) \$60.00

Gentle Yoga: 1:30pm, 3:30pm, 5:00pm, 6:30pm

CHAIR YOGA

Chair yoga is a series of seated and standing yoga poses. Chair support allows us to safely move and perform a variety of poses designed to increase flexibility, balance and range of motion. Each session begins with restorative breathing and ends with final relaxation relieving tension and stress. Class duration is approximately 60 minutes.

GENTLE YOGA

Gentle yoga focuses on stretching and strengthening the body, while improving balance and mental clarity. Instructions include proper breathing techniques, meditation and relaxation. A yoga mat is required for class since poses will be performed standing, sitting and lying down on the mat. Mats are provided. Class duration is approximately 60 - 75 minutes.