



EMBRACING CHANGE

Therapeutic Yoga for Women of All Ages

See how you, your body and mind can work together to improve your health with tools you have within yourself.

Saturday, January 21, 2012
9 a.m. to noon

- ☞ Class will teach gentle postures with various props to make it easier for the body.
- ☞ Focus will be on breath work, relaxation, renewal, effortlessness and ease.
- ☞ Learn to soothe your nervous system, quiet your mind, and release deeply held tension.
- ☞ Learn how to facilitate the body's own ability to heal.
- ☞ Empower yourself with tools to manage weight and diet choices.

Instructor: Deanna English, RN and Yoga Therapist

Cost: \$35

Registration deadline: Thursday, January 19th.

Location: Methodist Church, 404 West Main, Grangeville

What to bring: a blanket, pillow and eye covering

What to wear: dress in layers

For more information: 208-507-0165 or deanna@emergence-mindfulness.com