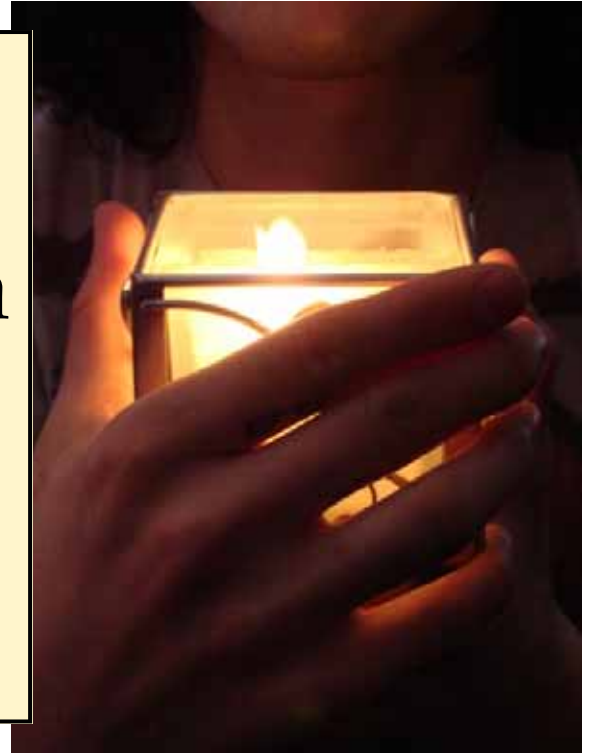


Saturday, September 21, 2019
9:00am - 12:00pm

Simple, Effective Yoga to Clear the Mind and Feel Better

Lauren Star & Diane Hardy



In this workshop we will practice some of the simple basics of yoga breathing and stretching. These simple practices can make your body feel better and your mind clearer, so you can refocus on what is important to you. We will explore what yoga is and isn't, and will then move through the body with postures to stretch and tone, finishing with yoga breathing, relaxation, and a short meditation. The instructors have over 20 years of yoga teaching experience, with a focus on students aged 50+. Please bring a yoga mat, props, and a small item to use for gazing at in meditation. Wear layers and bring water to drink.

Cost: \$25

To register call Marlene at (310) 377-4867 ext 234 or email her at mvelazquez@maryjoseph.org or register online at www.maryjoseph.org Please see website or Program Guide for Cancellation Policy.

MARY & JOSEPH RETREAT CENTER

5300 Crest Road Rancho Palos Verdes, CA 90275 (310) 377-4867 Fax: (310) 541-1176
www.maryjoseph.org Email: mvelazquez@maryjoseph.org

RETREAT RESERVATION ~ Please return this form with your payment. Thank you.
"Simple, Effective Yoga" Lauren Star & Diane Hardy, Saturday, September 21, 2019

NAME _____ PHONE (_____) _____

ADDRESS _____

EMAIL _____

Cost: \$25