

"The Therapeutic Effects of Yoga"



VIRTUAL YOGA WORKSHOP

EXPAND AND ENHANCE YOUR WELLNESS ROUTINE BY INCORPORATING BASIC YOGA PRINCIPLES AND PRACTICES INTO YOUR EVERYDAY LIFE!

In this informative and hands-on workshop, you will learn the basics of how these remarkable, ancient techniques have for centuries provided myriads of people with relief from both physical and mental struggles. We will cover the use of breathing to help center and deepen your being while you also learn a handful of basic techniques that you can start using immediately. Additionally, we will explore how modifications make yoga accessible to everyone. No matter one's age, physical limitations or restrictions, anyone can benefit from these time-tested and universally-endorsed techniques.

Topics/agenda

- The why and how of breathing in yoga
- Incorporating movement with breathing
- The whole-body connection
- Modify, modify, modify: honoring your body

Workshop fee: \$10.00

Limited space: 20 seats

Virtual, interactive workshop via Zoom

WHEN:

Tuesday, February 15th
7:00pm

WHERE:

Virtual workshop

REGISTER:

Use QR code or click the link to access
online registration form:

www.HealthFit/onlineregistration

or

Call: 847.873.0032

