



Calm Down!

- Are you sometimes restless and don't know what to do with the extra energy?
- Do you have panic attacks at times or suffer from anxiety?

Join us for the next yoga sessions! Learn a great sequence of poses that will help you to center yourself!

Emphasis of this sequence:

- Acknowledging restlessness or anxiety by starting with a simple movement that gives you “something to hold on to”
- Holding poses longer while focusing on the breath, thus occupying the mind and calming down
- Vigorous flow poses that help to release excess energy
- Deep stretches to release muscle tension that comes with fear

Note: Bring at least two additional blankets!

When?

Wednesdays

March 3 to April 7
4:00 pm - 5:00 pm
7:30 pm - 8:30 pm

Fridays

March 5 to April 9*
4:00 pm - 5:00 pm

* The Spay and Neuter van comes down again on a Friday! We will have at least one class on a Monday instead.

Where?

St. Augustine's Anglican Church on the corner of 8th St. and Birch

How much is it?

\$42 for one six-week session; \$70 for two sessions

Call Monika at 575 - 543 - 8900 or write to yoga@developserenity.com.