

Special Summer Class: *Gentle Yoga*



Gentle Yoga will be a six-week introduction to the healing and rejuvenating aspects of yoga practice. In this class, you will learn easy techniques geared to your ability that will activate all of the energy systems of your body. You will also practice some stress-reducing aspects of this ancient health system. This is a class for people who are new to yoga and eager to improve their health with an easy and gentle routine to relieve pain and increase vitality. It is an especially appropriate class is for people with physical challenges, seniors, and all those interested in exploring restorative and calming techniques of yoga for greater wellbeing in daily living. Each participant will be assisted in developing an individual yoga routine for home practice. **The class will be offered on Tuesday evenings, on June 19 & 26, and July 3, 10, 17, & 24, from 7:00-8:30 PM for \$12. You will need only a yoga mat, a water bottle, and a smile! Please call Priya, 720-299-1214 by June 15th for more information and to RSVP.** She will look forward to telling you more about what you can expect in the class and answer all of your questions.

Tuesday Evenings at 7:00PM