

Keema's FREE Karma Yoga for 2010 at Peace through Yoga

**FREE
YOGA
CLASS**

One Sunday a
month

From 8:45-10:00 am

Please check
www.peacethroughyoga.com
for more details.

Peace through Yoga
6040 DeLong Road
Indpls, IN 46257
(317) 679-1168

Inside the
beautiful,
peaceful setting of
Eagle Creek Park

Restorative Yoga

Have you ever thought, "I can't do Yoga. I'm not flexible and can't twist and bend that way"? Well, then this is the class for you! This Restorative Yoga class involves a therapeutic style of Yoga taught for people who have never tried Yoga, and for people living with obesity, physical ailments, and high stress. This conscious and compassionate practice helps us to rest and relax deeply and completely while stimulating and soothing the organs and nervous system. Students are well-supported by the use of bolsters, blankets, blocks, and other props that allow us to surrender to the pose, let go of muscular tension, and move toward a state of balance.

You'll learn to create a supportive environment for total physical relaxation and learn to let go of mental stress. We'll connect the mind, body, and spirit through awareness in the postures, breathing, meditation, and relaxation. If you need help getting on or off the floor, please know that we're there for you. Enjoy how it feels to relax and let go, and leave feeling nourished and well rested.

Keema Walden, Ph.D.
Certified Kripalu Yoga Teacher

www.holistic1.org
(317) 201-1195

