

Spirit Filled **YOGA & Wellness**

Saturday Workshop Series

Each Month - GREAT TOPICS

Join Certified Yoga Therapist Kimberli Boyd (RYT 500|C-IAYT) to Experience the Benefits of Hatha Yoga Physical Postures, Breathing Techniques, and Meditation Practices

ALL SESSIONS SUITABLE FOR ALL Persons & ALL LEVELS!

Modifications offered such as chairs and other supportive props as necessary.

Wear comfortable clothing; do not eat heavily 1 hour prior to class; bring yoga mat, blanket and water.

Saturday, May 16, 10:00a - 11:15a
YOGA for a Magnificent Menopause

Brain Fog, Irritability, Hot Flashes, Night Sweats, Insomnia, Low Energy, Fatigue - Sound familiar? Yoga can help!

Session will offer techniques and information for managing menopausal symptoms for a **More Empowered Experience.**

REGISTER FOR ZOOM LINK
www.DBTOnline.com

