

Gentle Yoga and Deep Relaxation

Monthly classes

by Suryanarayana Chennapragada
www.countingbreaths.com

Have you been thinking of joining a Yoga class but not ready for its demanding poses? Then this is the class for you! Gently move and stretch all the muscles and joints within your comfort zone: fingers to shoulders, toes to hips, neck to eyes. You can do these sitting on the chair as well.

At the end, you will lie on the mat and meditate on breathing, for extended time, releasing the tight muscles and associated stresses. You will leave happily with a relaxed body!

Practice these movements morning and night, in less than 10 minutes, for a more limber body.

Monday, January 16 (& Every Third Monday)

6.30 to 8.30 pm Reservation essential

Bring a Yoga mat or Quilt and a pillow.

Cost: \$12



Venture Inward

568 Columbia Turnpike (Rts 9&20) #16 VanDenHouten Square (back entrance)
East Greenbush NY 12061 (Only 7 minutes from downtown Albany!)

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