



HEALING YOGA

2019

Gentle movement, meditation and
relaxation

Saturday Mornings, 10:00–11:00 AM

Trinity Ave. Presbyterian Church

927 W Trinity Ave, Durham, NC 27701

- February 16, 2019
- March 16, 2019
- April 6, 2019
- May 4, 2019
- June 1, 2019
- July 27, 2019
- August 24, 2019
- September 14, 2019
- October 19, 2019
- November 16, 2019
- December 7, 2019

Who Should Come

- Anyone who is looking for healthy ways to relieve the physical and mental stresses of illness– yours or that of a family member
- Those who are grieving
- Those with and without yoga experience (mats/props are available for your use)

Benefits of Healing Yoga

- Helps the recovery process; addresses fatigue, soreness, stiffness, anxiety, and depression
- Deals with balance, bone loss, immunity, and flexibility
- Brings peace of mind

**FOR ADDITIONAL INFORMATION ABOUT THE CLASS,
CONTACT MARGIE SATINSKY, RYT at 919-383-5998 OR
margiesatinsky@icloud.com**