



# HEALING YOGA

2019-2020

Gentle movement, meditation and  
relaxation

**Saturday Mornings, 10:00–11:00 AM**  
**Beth El Synagogue Snyderman Building**

1004 Watts Street, Durham, NC 27701

- July 27, 2019
- August 24, 2019
- September 14, 2019
- October 19, 2019
- November 9, 2019
- December 14, 2019
- January 18, 2020
- February 15, 2020
- March 28, 2020
- April 11, 2020
- May 16, 2020

## 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](mailto:margiesatinsky@icloud.com)**