

a little bit of this & a little bit of that

WITH MAUREEN



Maureen Kozicki, ERYT, mom, cancer survivor, lover of chocolate, and wanderer, has been practicing and teaching yoga for over 13 years and believes that taking the time to deeply rest is just as important as keeping our bodies strong. She also believes in practicing and encouraging authenticity.

What is this workshop all about:

We will start with some gentle breathing and work slowly into breath synced with easy movement. From there we will take a look at simple strengthening keeping in mind simple is not always easy. Last but not least we will enjoy some long guided meditation and deep rest.

This workshop is easily adapted to individual needs. All are welcome. Yes, there will be chocolate.

When: Friday, June 16, 2017

Where: Red Lotus Yoga

1900 S Livernois Rochester Hills
(248) 601-9642 redlotusyoga.com

Time: 7:30pm-9:00pm

Cost: \$35 Pre-registration
recommended.

Space is limited.