



NEW YOGA CLASSES AT HOLY FAMILY STARTING SEPTEMBER & OCTOBER 2023

New Yoga Classes at Holy Family: Laurie Hearn began practicing yoga in 2011 during a time of transition in her life. After serving for many years as a hospital chaplain, Laurie discovered the practice of yoga to be a powerful tool in helping her body to process and release the grief and other emotions she had accumulated. Laurie completed her 200-hour Teacher Training Program in September of 2015. She continued training in Yoga and Spirituality at Christian Theological Seminary. Laurie has additional training in Adaptive Yoga which has helped her in making yoga accessible to people of a variety of ages and experience levels. She is a trained facilitator in Health Rhythms: Group Empowerment Drumming and a Labyrinth Facilitator. Laurie will be the instructor for two new yoga classes being offered on the Holy Family campus.

Slow Flow Yoga - Slow Flow Yoga is a mindful movement practice that invites us to slow down and move with more awareness, balance and grace. We will deepen our knowledge of poses, alignment and breath work. As we move through foundational standing and seated poses, we will have the space to play with each posture, explore variations and be intentional about our breathing. This practice is appropriate for those new to yoga as well as for those with more experience. Join us Friday mornings at 10:00 a.m. beginning September 8 at the Conference Center. \$10 a class

Introduction to Yoga - Are you curious about yoga? Have you thought about trying yoga, but you don't know how to begin? This class is for people who have practiced little or no yoga, but are ready to explore and perhaps get started. We will talk about everything you need to know from what to wear, what to bring to class, class etiquette, and all the many ways yoga improves your health and well-being. In addition, we will introduce you to the basic movements and shapes of yoga, talk about how to keep your body comfortable and safe, and answer any questions you might have. After these introductory classes, you will feel confident and ready to join other yoga classes. Join us Friday mornings October 6 and October 13 at 11:15 a.m. at the Conference Center. \$10 a class or \$16 if you pay the first week for both classes.