

Sponsored by The Church of the Living Spirit:

call 580-695-8040 or 716-595-2697 for Information



GENTLE VINYASA YOGA & MEDITATION

WITH NANCY

Saturdays 10:00 AM

Assembly Hall, Lily Dale

\$5.00 Donation

Please bring a mat. Blocks, blanket and eye covering (optional) for comfort.

An all-level gentle yoga practice-connecting mind, body and spirit.

Vinyasa yoga connects breath with movement. It builds strength, increases flexibility, teaches breath control, and helps you find focus. The class is paced so you will have adequate time to learn the fundamental postures and principles that create a satisfying and rewarding yoga practice. Modifications are taught, modeled and encouraged.

Set to music, the class will invigorate your entire body.

A guided meditation will leave feeling relaxed, while deepening your self-awareness and connection to the divine. Namaste'.

Nancy Lombardo:

***RYT 100 Yoga Teacher through Amazing Yoga/registered with Yoga Alliance**

***Group Fitness Instructor, *Certified R.I.P.P.E.D. Instructor**

***Marathon Runner/community trainer for runners**

***Prior Physical Training Officer for Police Recruits**

Note: The opinions of the workshop facilitators or lectures are not necessarily those of the Church of the Living Spirit or of the Lily Dale Assembly