



**Mind-Body Positive Self-Care** YogaBorn.com

*Starting anything new can be intimidating.*

Come as you are! Our expertise to provide alignment yoga services, massage, reiki, and sound healing is helpful with numerous physical, emotional, and spiritual complaints.

**March 2018**

*Spring into  
Healthy Habits*

- ♥ 2-3 yoga classes a week
- ♥ Schedule a massage
- ♥ Relax with reiki

Follow Us



🌿 **Fri Mar 2 6:30-8:30 Reiki Share** Led by Bonnie Zaman. All Reiki Certified are welcome to participate. Also contact Bonnie for Reiki/Aroma Touch sessions or with questions at 860-944-1668. *Donations accepted at the door.*

🌿 **Sat Mar 3 10:45-11:45AM Chair Yoga**  
Relieve neck-shoulder pain, improve flexibility, and feel less stiff overall. *Member \$20. Non-Member Advance Sign Up \$25/Day Of \$30*

🌿 **Sun Mar 4 10:30-11:30AM Guided Imagery Meditation** Helps to reduce stress & promote relaxation - different topic monthly. For a personal appt call Bonnie 860-944-1668. *\$20 OR Included in Membership & Class Package.*





🌿 **Fri Mar 9 6:30-7:30PM Gong Meditation\*** Doug will be playing different Gongs, Gemstone infused Crystal Bowls, Tibetan Bowls along with various Chimes & Tingshas. *Member \$20. Non-Member Advance Sign Up \$25/Day Of \$30.*


🌿 **Sat Mar 10 10:45-11:45AM Chair Yoga** Improve posture, balance, strength & flexibility! *Member \$20. Non-Member Advance Sign Up \$25/Day Of \$30.*


🌿 **Sat Mar 10 12:30-5:30PM Reiki Certification Level I** Reiki energy healing restores the balance between the physical, emotional, spiritual, and mental levels for all living beings, enabling the body to do what it does best, heal. Contact Bonnie for Q&A 860-944-1668. *Member \$160. Non-Member Early Bird Sign up by 2/24 \$165. Sign up by 3/3 \$175*

**Yoga Born, Town Center 1735 Ellington Rd, South Windsor 860-432-5678**

 **Sun Mar 11 4:00-6:00PM Restorative Yoga & Singing Bowl\*** Learn to let go. Postures & bowl release tension, restore energy & calms the nervous system. Space limited to allow individuals equal time to be bowled. *Member \$20. Non-Member Advance Sign Up \$30/Day Of \$35*

 **Sat Mar 17 12:30-5:30PM Reiki Certification Level II** deepens your connection to the energy and awakens your ability to facilitate healing for a person, place, or situation from anywhere in the world. Contact Bonnie for Q&A 860-944-1668. *Member \$210. Non-Member Early Bird Sign up by 3/3 \$215. Sign up by 3/10 \$225*

 **Sun Mar 18 10:30-12:00PM Intro to Props\*** Learn ways to lengthen, strengthen, & relax using yoga props. Focus use of blocks to find alignment, strength & balance. Visit YogaBorn.com to learn about the different focus each month. *Member \$20. Non-Member Advance Sign Up \$25/Day Of \$30.*

 **Sun Mar 25 4-6PM Yoga & Gongs\*** Enjoy a complete practice of movement, poses, breath work, meditation, & relaxation. Experience gong, singing bowl & bar chimes to entice the brain into realms of well-being, emotional balance, & cellular healing. *Member \$20. Non-Member Advance Sign Up \$30/Day Of \$35.*

Sign Up Today ~ **Visit YogaBorn.com**

**Gift Certificates** ♥ *Available 24/7*

YogaBorn.com & StellarTherapeuticMassage.com

& HarmoniousSelf.com

**Attendance Policies**

*Bad weather closings posted online. All signed up in advance will be notified.*

**Bare feet. Silence electronics.  
Refrain from wearing perfumes.**

**\*Must have 5 signed up in advance to hold**

**Healing Arts**

*By Appointment:*



**Personal Yoga** Dawn Greenfield

**Stellar Therapeutic Massage**

Cari Mott 860-324-7029

**Harmonious Self**

Bonnie Zaman 860-944-1668

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