



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

April 2018
Healthy Habits

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

Follow Us

Sun April 8, 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.*

Sun April 15, 4:30-6PM WTF:* Wall To Floor! *The perfect yoga blend to challenge and relax you. A new level of confidence, stability, energy and say good-bye stress. At the end of the yoga practice at the wall you will be led step-by-step through yoga nidra (yoga sleep) in order to restore and rejuvenate, to grow muscle, repair tissue, and synthesize hormones. Member \$20. Non-Member Advance Sign Up \$30/Day Of \$35*

Sun April 22, 5-6PM 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.*

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 860-591-0044

Harmonious Self ~ Bonnie Zaman 860-944-1668

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