

FREE Intro. to Yoga!


**3 Saturdays
this Fall
4:15 to 5:30 pm**

**September 25th
October 23rd
November 13th**

Pre-registration necessary, at least 48 hours in advance. Space limited to 12 participants. No prior experience with yoga or meditation expected or needed.

All are welcome and encouraged!

Students will learn basics of pranayama (breath work), asana (physical postures), and mindfulness-centered awareness as interwoven facets of a joyful, skillful, and beneficial practice for life!



**Choose to Be
Happy, Healthy, and Free—
One pose at a time
One breath at a time**

Classes are led by Chris Warner (M.Ed., E-RYT), and held at the Śānti Yoga studio, 10 Hovey's Pond Drive, West Boxford. Near the Brooks School, on the North Andover line. Contact Chris for more information or to register to attend (978) 352-8787 or practiceforacure@yahoo.com

www.practiceforacure.org