

PERSONAL PAUSE



Regular class rates apply or \$18 drop-in. *Monthly members are welcome to these classes as part of their membership.

FRIDAYS
5:30-6:45pm

These classes are offered to give students time to explore a variety of yoga and meditative themes which allow the participant to focus on physical and mental nourishment, facilitate education and create community. **Open to all levels.**

Quiet Space

September 28, October 5, November 30

Sometimes you can't find it at home . . . enjoy 75 minutes of peace and quiet at the studio; practice as you like with our props or simply just find stillness in our space. Please make sure to sign-up online. Regular class rates apply.

Mindful Coloring and Meditation for Adults

October 12 with Liz Smith

Coloring has the potential to reduce anxiety, build focus and create mindfulness. It gives us time to switch off our minds and focus on the present moment. Through mindful coloring, relaxation and meditation, you will leave feeling peaceful and renewed. All materials supplied.

Arm Balances Step-by-Step

October 26 with Liz Smith

Learn how flexibility and muscular engagement complement one another. This will prepare you for mastering arm balances such as crow, side crow, and handstand. You will learn how to take the weight out of the arms and engage core muscles to assist in taking flight.

Daily Practices for Moms

November 2 with Maureen Collins

Picture feeling less stressed and more at ease as you engage in mindful practices to balance your everyday life as a busy mom! Feel nurtured through simple, daily practices of mindful breathing, loving kindness, and gratitude, specifically for moms. Understand the importance of self-care as you learn how to listen more deeply to find compassion for yourself as well as your children. Join a community of mindful moms who understand and support one another!

Creating and Maintaining Balance

November 9 with Liz Smith

Learn how to engage muscles in the feet, legs and core and utilize the breath to create stability and endurance in a variety of standing and balancing poses.

Winter

December 14 with Liz Smith

Winter is nature's time to hibernate and retreat. It's an active resting phase. We as humans, mirror the seasons. Winter is the darkest and most yin time of the year. We begin to turn inward, storing and conserving our energy, slowing down and getting in tune with our bodies and nature. This class will work with warming breath techniques, slow flow sun salutations and Hatha yoga to promote circulation and emotional well-being.



Beverly Yoga Center

May the practice of yoga and meditation cultivate kindness, compassion and care for your mind, body and heart.

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