

PERSONAL PAUSE



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

SUNDAYS
4:00-5:15pm

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.***

Women's Monthly Meditation & Reiki Circle

October 7, November 4, December 16

with Lisa Espinosa

Join, Reiki master, Lisa Espinosa for this special monthly rejuvenating class. Lisa will integrate meditation, mindful movement, Reiki and mantra to help you release stress and embrace your inner peace and joy. This class is a great way for you to press the reset button each month so you can access your inner resources and experience more flow and harmony in your life.

Postpartum

October 21, November 18 *with Lauren Gibbons*

Nurture yourself as you move through recovery. This series is dedicated to new (and new again) mamas looking to return to yoga/exercise safely and with more presence, awareness, and appreciation of their new bodies.

Mindful Coloring and Meditation for Adults

December 2 *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.

Women's Pelvic Floor/Core Health

September 30, October 28 *with Lauren Gibbons*

Learn breathing, awareness and movement techniques to strengthen and relax your pelvic floor and deep core muscles to keep them functioning properly. This workshop can help address urinary, reproductive and postpartum issues and is a great fit for women who have ever experienced vaginal or cesarean childbirth.

Pelvic Floor Pilates

December 9

with Jill Lenzen, DPT

Pelvic floor Pilates (Pfilates) can help you strengthen your midsection, control incontinence, flatten your tummy or get your body back after baby. Whether you are 20 or 70 years old, this class can be tailored to suit your needs and challenge your core strength and stability. Scientific research has proven the moves in this class to be beneficial in strengthening the pelvic floor. Join us for some girl time...Q&A at closing of class.



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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