



Yoga Classes Summer 2014

Instructors: Nancy L. Bauer, RYT & Lynn Neu

Registration or Questions:

920-988-7016 or email: nancbauer@yahoo.com

www.FullCircleTherapiesInc.com

Hatha Yoga for Detox - (All Levels) with Meditation

5:45-6:45pm Thursdays

July 10 thru August 7

Join Nancy for this cleansing Yoga for Detox practice! This detox yoga sequence is designed to make you sweat as you build strength and twist it out. Massage the internal organs, tone the body and shed weight with this mindful yoga flow for detoxification and digestion! **Designed to detox the body.** You have your circulatory, digestive, and lymphatic systems to thank for getting rid of toxins and waste, and these poses stimulate those systems. A calming meditation will follow.

Gentle But Strong Yoga

Taught by Nancy Bauer/Lynn Neu

9-10 am Fridays

July 11 thru August 8

This is a slow and gentle yoga class with also **build strength** with the use of light weights. This class moves slowly through the poses, and holds them for longer lengths of time so you can soak in and reap the full benefits of each posture. Light weights will be used to tone and strengthen your core muscles. This class is for anyone as you work at any level you are in.

Located in St. Paul's Church Hall

3rd & Spring Street, Watertown

Cost: \$42.00 for 5 week session/ \$10.00 per session

