

Bhatki Warrior



Yin Yoga with Deep Stretch

Yoga in the service of love -

Love of life, Care for self, Devotion to others, Love for the earth.

Come and experience a challenging, yet gentle, form of yoga intended to enhance balance, increase strength, deepen stretch and assist recovery. Based on Hatha Yoga principles with some flow - Enjoy physical movement to help you realize your personal goals. Let go of stress and tension, feel lighter, and more focused.

YOGA WITH ELLYNE BELL

Yoga Alliance Certified Instructor

COST

\$10 per class

DAY

Every Saturday morning

11:15 to 12:30 pm

** All levels - Work from your own beginning place*

** Bring a mat (or two), towel, and water*

 **Yoga Alliance**
Integrity. Diversity. Community.

PLEASE SIGN UP AT THE FRONT DESK

Deane Dance Center

3385 Lanatt Street

Sacramento, CA 95819

916.453.0226

www.deanedancecenter.com



THE PRACTICE OF MEDITATION IS ANCIENT AND WELL KNOWN FOR ITS BENEFITS

Come learn and practice simple centering meditation on Monday evenings from 6:30 to 7:15 pm

Donation Only

Donations will go to dance scholarship fund

Meditation

WITH ELLYNE BELL