

Breathing: The Master Key to Self-Healing

Yoga Series

Starts June 5 2017

Monday 7-8:30pm



Yoga by Kim

Southwest Unitarian Universalist Church

6320 Royalton Rd, North Royalton, OH 44133

www.yogabykim.com

\$10 a class if you pay by the month*

(*NO REFUNDS OR CREDITS FOR PRE PAID CLASSES)

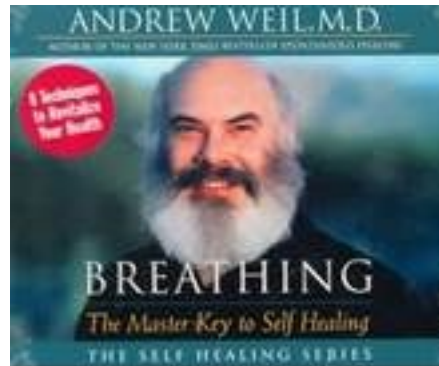
\$15 drop in

13 CLASSES PRE PAID (\$130) GETS YOU A CD

Breathing: The Master Key to Self Healing

Dr. Andrew Weil

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Join me for a series emphasizing the breath and how the breath can enhance and help your yoga practice and your life. WE will explore and focus on many different breathes allowing ourselves to focus on a new breath every other week. The breath is healing and relaxing and our life force energy! Join us at any time. No previous experience is necessary and you can jump in anytime.

Attending individual classes or the whole series is fine! Come and explore!