

## Gentle Yoga for Health and Healing

This class is intended for women seeking a gentle practice to support their overall health as well as the healing process.

Each class will include the basic principles of movement, structural alignment and breathing awareness.

Yoga is a healing modality which can assist the student's ability to cope and improves one's sense of well-being.

No previous yoga experience is necessary.

**Class series begin every 6 - 8 weeks through out the year. Check the Wellness Classes and Services page for next series dates for our Gentle Yoga Program for health and healing!**

Classes meet Thursday's from 4:30 to 5:30 p.m. or 5:45 to 6:45 p.m. for six weeks.

**Fee: \$75 for the six class series.**

### About the Instructor:

Bonnie Maeda, R.N., graduated from The Yoga Room's Advanced Studies Program and is a certified "Relax and Renew" teacher. She teaches yoga to all ages, abilities, and body types.



### Location:

Washington Women's Center  
Conference Room  
2500 Washington West (1<sup>st</sup> floor)  
Fremont, CA 94538

Please call the Women's Center at, (510) 608-1301 to register or to learn more information.

*Wellness. Balance. Life.*



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