



# YOGA

## Gentle Yoga for Mothers

*"Breathe and relax into this gentle practice."*

Whether you are new to yoga, pregnant, recently had a baby, or just need to work gently, Gentle Yoga is for you. This practice will work to align and strengthen your body. We use postures and relaxation techniques modified for your needs. The movement is slow and deliberate, focused on body awareness and fluidity of breath.

**Thursdays 6-7 pm | \$15/ class drop-in | \$50/ 4 class card**

*Class size is limited, please come early or pre-register*

### **New Baby New Paltz**

15 Plattekill Ave  
New Paltz, NY 12561  
(845) 750-4402  
<http://newbabynewpaltz.com>

**Starts  
Thursday  
1/26/12**

Johanna Schwarzbeck is a graduate of Sri Swami Satchidananda's Integral Yoga Institute - Yoga Hata Beginner 1 Teacher, She has an intuitive approach to understanding what people require in her class.

She is also a Massage Therapist with over ten years of professional experience in the broader field of massage therapy. Johanna is a Reiki two-atonement practitioner, In addition, she works with reflexology, craniosacral therapy and visualization.

