

Spa Yoga Day

Book Now!

WWW.LOWELLEARNS.COM

SPA Yoga® is a slow-flow, floor-based, whole-body sensory experience based on Fluid Yoga® sequencing. In this all-levels class, Kimsokun Ket will guide you through a mindful practice engaging all five senses. Starting with Pranayama (breathing technique), and then moving through postures that progressively open the body and focus the mind while gently building heat and offering gentle assists throughout class. The class will offer more flexibility for the body and includes deeper stretches and longer poses than Vinyasa.

Class will end with an extended guided savasana, as you immerse yourself in newly recovered space in body, mind, and spirit.



\$25 *All-Inclusive Package*

May 17th, 2018

6:30-7:45 pm

Christ Church United,

Lowell

Register Online!

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During SPA, you may discover:

- extra hands on assists and massages*
- a calming candlelit atmosphere*
- delightful scents & Aromatherapy*
- live music from our music teacher, Janet Barry.*
- Tea & light snacks with Kim*
- Let go of your day and finish class with a bright smile*