



## *Blue Water Counseling*

*Introduces:*

# Yoga for Emotional Wellness

A 6 week series taught by

**Kimberly Peltz RYT 200, LMSW**

**Wednesdays at 6:30 pm, starting June 20th**

Classes will combine gentle yoga poses with education about benefits for emotional, physical, and spiritual health. Classes will take place outdoors at BWC, weather permitting, and are for adults. This series welcomes beginners and all levels of practice. The series is limited to 6 people, so reserve your spot now!

### Classes include

1. Breathwork and Meditation
2. Calming and Grounding Yoga
3. Yoga to Lift Mood
4. Yoga for Releasing & Letting Go
5. Mindful Walking
6. Chair Yoga

Price is \$126 for 6 weeks. Please enroll in advance at the front desk. Enrollment includes an instructional yoga book to use during the series.