

“Beginners Over 40” 6-Week Yoga Series

- Have you been interested in trying yoga but don't know if you can do it?
- Do you have injuries or other physical issues that limit your mobility?
- Want to learn the basics so you feel more comfortable joining a class at a gym or studio?



Join Kali in **a small group setting to learn yoga from square one**. You'll learn:

- several standing, seated, & reclined poses,
- health benefits, so you know *why* you'd do the poses,
- how to adjust the poses in a way that works for your body!

You can ask questions throughout & will leave with handouts that let you practice what you've learned at home.

When: Mondays, 6-7 pm starting September 9, 2019

Where: Watertown Center for Healing Arts
22 Mt Auburn St., Watertown MA, Skylight Studio

Cost: \$75 per person, pre-registration required

Register today at ajourneyintohealth.as.me/beginnerSeries40Fall

Kali Patrick is an Experienced Registered Yoga Teacher & Mind-body Wellness Coach. She's been teaching beginners with various health conditions in group settings and private sessions since 2012.



“Kali is a fantastic teacher. She clearly demonstrates and instructs on the various poses, helps you adapt (via use of blocks, etc.) so that you can work within your physical limitations, and is nonjudgmental about your abilities or lack thereof.” –Betty



“I was 43 years old and not flexible so part of me was hesitant in taking yoga. Kali put me right at ease. My flexibility did improve by taking Kali's class. Her classes were always interesting and stimulating.” –Justin G.