



Balance your Mind & Body.... **YOGA & WALKING** Fall Workshop



The winds of change are blowing in the fall season with a spectacular show of color. But our minds and bodies aren't always ready for the changes in weather, temperature, and light. Connecting with nature and taking the time to balance our body and mind is the best thing we can do for ourselves.

**SUNDAY, OCT 15, 2017
12:30-2:30pm
(RAINDATE: OCT 22)**

**\$20 MEMBERS
\$30 NON-MEMBERS**

***MUST REGISTER IN
ADVANCE @ YMCA
MEMBERSHIP OFFICE***



Meet up in the Yoga Room and join us on a centering nature walk, unfolding into yoga poses and enjoying inspirational readings along the way.

Then return to the Yoga Room and continue to ground and unwind with the meditative practices of Pranayama, Restorative Yoga, and Yoga Nidra.

End the day with group share, tea, and a light snack.

**LED BY JEAN WOLFERSTEIG,
CERTIFIED YOGA INSTRUCTOR**

**YMCA OF KINGSTON AND ULSTER COUNTY
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