



## Mindful Yoga ONLINE with Natalia Fister 1¼-hour weekly on Saturdays 10:30 AM EST

Mindful Yoga is a style of yoga that incorporates the attitudes of mindfulness into conscious movement.

Participants are invited to bring deep awareness to physical sensations, breath, mind and heart connection.

*Appropriate for all levels and inflexible bodies.*

### What you need:

- yoga mat (or not)
- bolster (or a blanket)
- strap (or an old tie or belt)
- yoga block (or a book)

**9 Week Session \$50**

**Send e-transfer to**

**[Natalia.Fister@mindfulness everyday.org](mailto:Natalia.Fister@mindfulness everyday.org)**

**To receive ZOOM Link**



**[WWW.MINDFULNESSEVERYDAY.ORG](http://WWW.MINDFULNESSEVERYDAY.ORG)**