



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)

**Beginning Saturday September 5
to October 31, 2020**

\$55 via e-transfer to

Natalia.Fister@mindfulness everyday.org

[Register HERE](#)



WWW.MINDFULNESSEVERYDAY.ORG