



Yoga for You! Creating Optimum Health at Any Age!

Presenter: Sara Almitra Hakeem (Shantibindu)

“Your health is your most precious asset. Investing in maintaining a strong balance and a healthy you is always the right choice at any age. You will learn practical, accessible ways to increase physical and mental well-being. As a certified Satyananda Yoga level one teacher, I will work with foundation movements that are safe and comfortable for your body. I am able to work with you and ensure your safety and comfort for whatever your current goals for change may be—less stress and anxiety, weight loss, grief, illness, arthritis, or even chronic conditions. As you learn to ease into a yoga practice that steadies your body, steadies the breath, and quiets the mind, this allows you access to your own personal peace, calm, freedom, and bliss.”

Almitra

Join Us in the Circle ...

Yoga Presentation and Sacred Circle

April 6, 2014 • 2:30 p.m.

Dress comfortably. You will have the option to sit in a chair or work on the floor with a mat, so bring a mat if you have one.

***Questions? Contact Shirley Nelson
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