

# **Gentle Core Yoga**

## **An Embodiment Class at OM Sanctuary**

New Saturday Morning Series 9:30 - 11  
May 17 – October 25, 2014

*Unwind and align.  
Breathe and renew.  
Let go of the week . . . .*

*This gentle core yoga class with Ann Mundy  
is all about you.*

*Replenish your energy,  
release your back,  
alleviate pain,  
and work out the kinks in body, mind, and soul.*

*Practice postures to strengthen your core and deepen your  
breath. Learn energy medicine techniques and acupressure  
self-massage.*

***Every session leaves you walking taller.***

*This time for yourself is not a luxury. It's a necessity. Be good  
to yourself. Sign up today.*

Ann Mundy RYT500 is certified in 500 hours of Therapeutic Yoga. Contact Ann to reserve your spot. [ann@bluebirdyoga.net](mailto:ann@bluebirdyoga.net)

- Ten-week program, \$100. \$10 per class for a prepaid purchase of 10 or more consecutive classes.
- Space is limited to ten participants.
- Drop-in fee is \$14. Drop-ins may check with Ann during the week for availability.
- What to expect? See <http://www.bluebirdyoga.net/testimonials>
- Location: <http://www.omsanctuary.org>
- Complimentary for OM Sanctuary Rest and Renewal registered guests.