

## JOIN US FOR YOGA!

Something new is happening here! Join us for our first Gentle Yoga eight week series here at Mashpee Congregational Church.

Come explore the benefits of a gentle yoga practice, you do not need any experience. All you need is yourself and a yoga mat! We will do a lot in and out of a chair. Those who prefer it or need to stay in the chair can do so. I will always add options. They will also need a mat.

Our sessions will focus on

Breath

Mindfulness

Mobility

Beginning Wednesday, February 4<sup>th</sup> at 11AM we will meet once a week for eight weeks.

The schedule will be Wednesday 2/4, Thursday 2/12, Wednesday 2/18, Thursday 2/26, Wednesday 3/4, Wednesday 3/11, Wednesday 3/18, Wednesday 3/25, all dates at 11AM.

Although consistency is key, you don't need to commit to all eight sessions to join us.

Sessions will be donation based (with a suggested donation of \$10) with all proceeds going to Mashpee Congregational Church.



A bit about me: I have been a Certified Yoga Instructor since 2016. My focus is Gentle, Somatic, and Restorative teachings. I currently teach remotely, privately, and work with Cancer patients through Cape Wellness Collaborative.

As with any physical practice, please clear it with your doctor before starting a yoga practice.

Lisa Fein

Subtle Movements Yoga

914-588-9455