

JOIN US FOR YOGA!

Yoga is coming back to MCC! Join us for Gentle Yoga seven 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. Options are always added. A yoga mat is also needed.

The sessions will focus on

Breath

Mindfulness

Mobility

Beginning Wednesday, September 16th at 11AM we will meet once a week for seven weeks.

The schedule will be Wednesday 9/16, Wednesday 9/23, Wednesday 10/7, Wednesday 10/14, Wednesday 10/21, Wednesday 10/28, Wednesday 11/4, all dates at 11AM.

Please note there is no class on Wednesday 9/30.

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

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