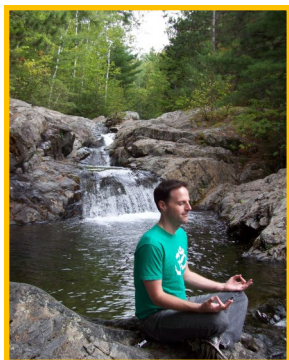


Yoga for All Levels

This regular weekly yoga class at **Greenbriar Clubhouse** will offer basic, gentle instruction for students of all levels. We'll work on safe alignment coming into and out of poses to maximize effectiveness while minimizing risk of injury. This class will help **build strength, increase flexibility, and calm the active mind.**

FRIDAYS 10:30 - 11:30am

Email **Brian (brianjcritchley@gmail.com)** with questions or to register today. Pre-registration and payment to **Jersey Shore Healing Arts** is required.



Each class will include:

- Breathing / Centering Techniques
- Gentle Yoga Practice for All Levels to Increase Strength, Flexibility and Mental Focus
- Restorative / Relaxation Poses

**Drop-in
Students
Welcome!
\$13**

**\$50 for 5-week
Series**

**Nov 7 - Dec 19
(no class 11/28 or
12/12)**

Please bring your own yoga mat. Some props will be provided but you are welcome to bring your own blocks, straps or bolsters.

Discounted sessions purchased as part of series are not transferrable or refundable and do not carry over between series.



Instructor Brian Critchley

is the Owner/Director of OM Central Jersey Massage & Yoga, and is also a graduate of Inner Light Yoga Center, Somerset School of Massage Therapy and Princeton University. He was inspired to start his yoga practice 20+ years ago in order to increase the flexibility in his tight leg muscles. While his hamstrings are still tight, yoga has helped him recover from a serious back injury, decrease stress levels, and increase energy, stamina, and strength. His Hatha Yoga teaching style encourages both newcomers and seasoned 'yogis' to bring their awareness to healthy alignment during their yoga practice. He truly believes that yoga is beneficial for *everybody* and that *everybody* can do yoga!

VISIT BRIAN'S WEBSITE AT WWW.OMCENTRALJERSEYMASSAGEANDYOGA.COM