

Hatha Yoga for Seniors

with Kimberly Beyer-Nelson

Four Monday Mornings
Jan. 14, 21, 28; Feb. 4

10:30 - 11:15 am

This class explores the practice of stretch, gentle flows, breath work, and mindfulness, with an assist from a stable chair.

The class is excellent for stress relief, increased flexibility and strength, as well as a lovely support for your spiritual journey.

No special materials are necessary, and no previous experience is required.

Please dress in comfortable clothing.

Cost:

\$10 donation
requested per session
*(No one will be turned away
for lack of funds)*

Location:

Suquamish UCC Church
18732 Division Ave NE
Suquamish, WA 98392

www.SoundSpirit.org
or call (360) 598-4434



Kimberly Beyer-Nelson

A Hatha Yoga Therapist, Kim has taught specialty yoga therapy classes for 19 years. She is also a qigong instructor.

With theological training as well as a graduate certificate in holistic healthcare, she has had a centering prayer practice for over 20 years and delights in leading contemplative retreats.

**The mission of
Sound Spirit is to
awaken and nurture
the deepest yearnings
of the human spirit
through events, classes,
and conversations in a
supportive community.**



SOUND SPIRIT INITIATIVE