

Yoga

returns to *All Saints Parish Hall!*

Gentle morning wake-up

Tuesday mornings

8:30am – 10am

Taught by Registered Yoga Instructor Angela T. Jones

Angela has been a student in Sarah Doucette's Yoga classes since the late 1990's. In 2003, she received Registration as a Yoga Instructor with Yoga Alliance as well as Certification as a YogaKids Facilitator. Angela's style of teaching reflect Kripalu style Yoga practice.

Fee: \$12 per class

\$50 for 5 consecutive classes paid in full at start >>>\$10 savings!<<<

Pre-Registration: all students are asked to complete a brief medical information form

and to sign release of liability. All information is kept confidential.

Minimum enrollment = 4

Contact: Angela T. Jones 603 444 1039 AGTJ@msn.com

P.O. Box 445 Franconia, NH 03580

www.AngelaThomasJones.com (scroll down to Yoga links)

Class starts promptly at 8:30am

Please have your payment arrangements completed prior to the start of class

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Tuesdays 8:30am – 10am

What to expect:

This class is designed specifically for adults seeking a gentle yoga practice. The postures will be adaptable to all abilities and ranges of motion. Sitting on the floor *is not* required. Chairs will be available.

What to bring:

Yoga sticky matt, water bottle, cloth belt or old neck tie, other items you know will help yourself be comfortable during class.

What to wear:

**Come prepared to experience aprx. 30 minutes in relaxation pose.
(lying flat on the floor or reclining comfortably in a chair)
Dress in layers ready to adjust according to your own body temperature, and remember, the Parish Hall is usually cool.**

If you are new to practicing yoga and have questions, please call Angela.

If you are familiar with the practice of yoga or practicing on a regular basis and want to deepen or expand your yoga practice, please call Angela to explore how this class might address your interests.

603 444 1039