



## Start your weekend by slowing down

**8:45 am to 9:15 am join us for a guided meditation - \$5**

Scientific research suggests that Meditation can reduce stress, lower blood pressure, increase immunity and increase brain development.

**9:30 am to 10:30 am a gentle Vinyasa flow yoga class - \$10**

Benefits of yoga: better posture, increases lung capacity, increase flexibility, creates mindfulness



Maria LaRue is a Registered Yoga Teacher (RYT-500) through Yoga Alliance. She graduated in March 2014 from the Yoga On Chocolate 200-hour Teacher Training Program (Registered Yoga School, YOCTT) located in Hershey, Pennsylvania, which training was focused on the Baptiste Power Vinyasa Yoga style. In December 2016, Maria completed a 300-hour advanced yoga training at Om My Yoga Academy located in Camp Hill, Pennsylvania. Maria began practicing yoga in April 2012. She became curious as to why teachers would cue certain things and started to enhance her practice with yoga workshops which led her to a yoga teacher training program.

**For more information:**

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