

DYNAMIC BODY AWARENESS

6-WEEK CONTINUUM SERIES WITH MEGAN BATHORY-PEELER

WEDS 9:30 - 11:30 AM ~ JAN 4 - FEB 8

WHAT IS A BODY?

Open the door

to the body's inherent wisdom through the moving mindfulness practice of Continuum.

Creatively awaken

the physiology of the body via active, fluid body workouts in balance with restorative, expansive explorations.

Beginners welcome.

Curiosity required. Register today!

ART BY DAVID GILBERT

Suggested Tuition: \$180 (\$120 - 240 sliding scale) for the 6-week series

For more info/to register: Megan Bathory-Peeler

Megan@Somanautiko.com • 413.772.0078



COMMUNITY YOGA

16 FEDERAL STREET, 2ND FLOOR, GREENFIELD, MA

WWW.COMMUNITY-YOGA.COM