

# DYNAMIC BODY AWARENESS

6-WEEK CONTINUUM SERIES WITH MEGAN BATHORY-PEELER

WEDS 9:30 - 11:30 AM ~ MAR 22 - APR 26

## WHAT IS SUPPORT?

**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** (\$150 - 210 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