YOGA with Louise Dorian 3 day/time options



We will begin with gentle stretching and practice different ways of breathing (pranayama) to open the body and release tension and blocked energy that can make you feel tired and drained. Then we will move into yoga postures, carefully stretching at deeper levels and promoting deeper release of physical and emotional tension. At the end of class you will feel ready for the rest of your day with a relaxed body and clarity of mind. The class is designed for beginner and intermediate students. It is taught in a meditative style with detailed instruction and variations so all students can move at their own pace and feel comfortable.

Which day works best for you?

SPRING SESSION—8 weeks \$112/session

Session I Sundays, 5-6:30 p.m., starts March 19, 2017

Session II Tuesdays, 11 a.m.-12:30 p.m., starts March 21, 2017

Session III Fridays, 9-10:30 a.m., starts March 24, 2017

Classes are held at the Instructor's home studio in Harvard.

To register, please email jcavanaugh@psharvard.org with your name and phone number. Payment is done by check, payable to: Town of Harvard and dropped off (or mailed to) at the Community Education office, 39 Mass. Ave., Harvard, MA 01451. The Community Ed office is a white house next to the Hildreth Elementary School. *You will receive a confirmation by email, including the studio address.*

Questions? Please email jcavanaugh@psharvard.org or call 978-456-4118.

