Webinar Series: Yoga + Mindfulness for Intutive Eating & Embodied Wellbeing

Fri, Jan 10th – Feb 7th | Noon – 1:00 PM

5 Koshas
yoga and wellness

Are you ready to inhabit your body from the inside out?
Are you ready to listen to your internal cues for what nourishes you?
Have you had enough of scales, diets and external sources of control?

Join us for this 5-week Yoga & Mindfulness Webinar Series to explore how to:

- **Cultivate** stability & strength in body, mind & heart
- **Inhabit** & appreciate the body you have with breath-centered yoga postures, breathing techniques, guided relaxation & short meditations
- **Manage** stress to reduce sabotage of your intentions around your well-being
- **Improve** awareness around hunger, satiety, thoughts & emotions and their role in relationship to eating & self-care
- **Explore** ways to access your own deep inner wisdom & intuition for eating & well-being

What You Receive Each Week: short introductory lecture and guided yoga practice, reflection worksheets, practice handouts and access to the webinar recordings that you can go back to if you can't attend at the scheduled time or to use video support for the practices.

What You Need: Computer, laptop, tablet or smartphone with reliable high-speed internet service placed in a strategic location for practicing, a chair, a mat or blanket for the practice.

Mary Hilliker, RDN, E-RYT 500, C-IAYT,
Certified Viniyoga Teacher & Yoga Therapist

- Yoga has the potential to help anyone with health & healing in any dimension of the human experience. Mary's intention is to meet you where you are & help you move & change from that starting point. She loves beginners, seasoned practitioners who want to refine their personal practice as well as anyone on the journey of personal growth & transformation.

- Mary's intention is to meet you where you are and to help you move and change from that starting point. Her workshops and retreats highlight yoga tools and practices that help you gain self-sufficiency and independence in your home practice.

Continuing Education for Yoga Alliance!

Fee: $65 per household by Jan 4th. **$75 per household** after Jan 4th. **FREE** for unlimited pass holders. Discounts apply: Senior, Military, Education & Health Care! Price includes: short introduction lectures, short handouts & access to the recorded webinar!

To Register: Registration Deadline Jan 7th**.** Call the studio, stop by the front desk or visit our website here http://www.5koshasyoga.com/special-events/yogamindfulness-for-intuitive-eating-embodied-well-being-webinar-series/

For More Information:
Email Mary at mary@5koshasyoga.com