

VIDEO-ON-DEMAND Series: Yoga For Seasonal Changes Clarity, Energy, Focus, Hope & Calm

Friday, November 4th - December 30th

With Mary Hilliker, RDN, E-RYT 500, C-IAYT



The changing season and the softening of light invites us to adapt our yoga practice for self-care and self-compassion through what is often a difficult time of year for anyone sensitive to light changes.

Seasonal changes can bring on symptoms of fatigue, sadness, distraction, anxiety, depression, and stress at work and home. **What do you need from a yoga practice?**

Mental Clarity, Focus, and a Reduction in Brain Fog. Energy, Enthusiasm and Less of the Winter Blues. Calm, Better Sleep and a Regulated Autonomic Nervous System

Here's what you can expect from this 9-week program designed specifically for seasonal changes:

- A brief 5-minute weekly lecture on a lifestyle technique to help with seasonal changes
- A weekly 20 to 30-minute morning or midday practice to cultivate clarity, focus, energy and positive mood states, easily adaptable to home or office settings
- A weekly 20 to 30-minute evening practice to unwind body tension, reduce aches and pains, reduce stress and anxiety, and promote a good night's sleep
- A progressive approach through the class series to gain more mastery of yoga techniques for seasonal changes including yoga postures, breathing practices and techniques, visualization, meditation, and the use of sound
- Email or Zoom check-in for anyone who needs help with adapting the practices or has any questions.

Mary Hilliker, RDN, E-RYT 500, C-IAYT



Easy To Register: Put phone camera up to the QR Code below! A link will appear on your phone screen. Tap on the link. You'll be directed to the registration & payment links.



Cost: \$108 for 9 weeks if registered by October 28th! \$135 if registered after October 28th. Studio Members: \$72 for 9 weeks. Email office@5koshasyoga.com to claim your discount code today!

What do I need? A tablet, smartphone or computer. An internet connection that can handle video. A yoga mat, blanket and chair or firm pillow or block for seated breathing

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com

