

In-Studio & Online: Yoga for Self-Care  
6-Week Class Series | January 22<sup>nd</sup> – February 26<sup>th</sup>  
Offered Saturdays | 8:30 – 9:45 AM



**How can we provide to ourselves the care & kindness we extend to others?**

**What resources do we have that are available to us at any time?**

**The intention of this 6-week series is** to develop self-care skills that work on or off the yoga mat.

**During this 6-week class series:**

- **Explore** yoga postures, breathwork & mindfulness methods to investigate ways to nurture & look after yourself
- **Experience** class sessions that build on each other to fortify your discoveries
- **Incorporate** journaling to encourage your creativity and recollection

**Who should sign-up for this series?**

- This series is relevant to people new to yoga or those with experience who want to go deeper.

**How long is each session?**

- Sessions are 75 minutes and are structured with the intention of self-management with teacher support.



**Mary Kluz, RYT-200,  
BS/MS UW**

“My initial exposure to yoga was a teen, using it to stretch muscles taxed by a serious bicycling habit. Rediscovering yoga as an adult, I found the benefits to go far beyond the physical. Moving with focus and awareness, a person can integrate the many layers of her/his being to work together for wellness.

My aim is to meet students where they are and lead an exploration of the many benefits of yoga. Focusing on breath and movement with awareness opens a door for practitioners to reconnect with their inner wisdom and cultivate self-care.”

**More Details + Register Here:**

<https://www.5koshasyoga.com/special-events/online-in-studio-yoga-for-self-care-6-week-class-series/>

**FEE:** \$59 for 6-week series. **Special 15% Discount for Health Care Workers!** Health Care Professionals email [office@5koshasyoga.com](mailto:office@5koshasyoga.com) to claim your discount code today!

**Can't make the live-streamed online or in-studio classes?** No worries, Video-On-Demand access for all registrants until March 5<sup>th</sup>!

**In-studio classes have LIMITED spacing available** 4 spots total. Face masks are strongly RECOMMENDED.

**Questions?** Contact The 5 Koshas Team at [office@5koshasyoga.com](mailto:office@5koshasyoga.com)