

Pause & Reset: A Sunday Yoga Practice | Hybrid

Sunday, March 2nd – May 18th | 6-7 PM

Video Content Available For 5 Days!



End your week with intention and step into the new one with clarity.

Enter in to a welcoming space to reset, realign, and return to yourself.

Experience the transformative power of yoga and mindfulness in a way that lasts far beyond your yoga mat for the week ahead!

This all-levels class blends nourishing tools to release what no longer serves you and set the tone for the week ahead:

- Mindful movement to cultivate grounding and expansion
- Guided breathing to calm your mind
- Reflective journaling to deepen your inner connection

What do I need?

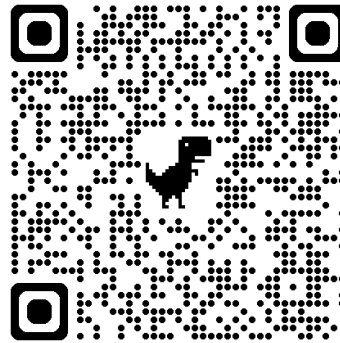
Attending In-Studio: Please bring your water, yoga mat, and needed class props. Wear comfortable clothing. Yoga mats and props are available to use at the studio. Have a journal.

Attending Online: You will need a smart phone device, iPad, Tablet or Computer with reliable internet access. Have a journal.



Sarah Watson, RYT-200

Easy Ways 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 page.



FEE:

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Introduction Offer 30 Days of Unlimited Yoga \$35

Questions?

Registration Contact:

The 5 Koshas Team at office@5koshasyoga.com

Class Contact:

Sarah at srwatson37@gmail.com