

# YOGA



A gift of time and space

to reduce your stress and reconnect with calm.



Tuesdays, 7:15 ~ 8:30 pm      \$15 drop in

Wellness Club at Cortlandt Town Center

Experience the abundance of tools that yoga offers: a yoga for every person, time and place to guide us on the path to pure awareness.

Classes are open to all. Poses are selected, arranged and adapted to help develop strength, flexibility and ease.

Learn to intimately connect breath with movement, and practice moving the attention inward to the true self.

Deep relaxation is part of every class.

**Jo Brill** has practiced yoga for 20 years. She is certified as a teacher by the Krishnamacharya Healing & Yoga Foundation, and trained at Yoga for Well-Being in Goshen, NY. Jo continues her yoga studies with Mia Azcue.

Jo also teaches Sanskrit in the yoga community, having trained as a teacher through the American Sanskrit Institute. She continues her studies with Vyaas Houston.

More at [www.yogaforawareness.org](http://www.yogaforawareness.org).