

Yoga for Moms

Rest. Relax. Renew.



About Amanda: I came to yoga in the late-90's following a sports injury. For many years I practiced asana (yoga poses) simply for its athletic qualities, using it to augment my cycling, hiking, and running. Since having children four and a half years ago, the relevance of yoga to all aspects of my life has become more profound. I now practice yoga not only for the physical aspects, but also for the benefit of my mind, breath, and spirit. When not on my mat, I spend time with my son, daughter, and partner. I also attempt to cook, garden, knit, sew, and ride my bicycle. I blog at urbanalmanac.wordpress.com

Thursdays, April 15th - May 27th

7:15pm - 8:30pm

artBEAST, 2226 K St., Sacramento

Donation of \$8-\$15 per class*

** 6 class pass only \$42*

Relax your body. Rest your mind. Join us for a series of yoga classes designed to fit the needs of busy moms. We'll practice relaxation techniques and restorative poses that can be used anytime for a quick pick me up. We'll also focus on areas of the body that need extra attention during the child-raising years. More importantly, we'll enjoy some time to ourselves, in a supportive and nourishing environment. Pre-registration encouraged.

Questions or to register: Amanda Bohl
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