

Acupunctureplusyoga

Body Mind Spirit

Dedicated to Creating Peace and Tranquility in Body and Mind

AMRIT YOGA is a holistic system of yoga designed to create inner peace, flexibility, strength and integration of body, mind and spirit.

The class begins with a breathing exercise to activate prana or life-force. A series of postures are then performed slowly and deliberately with breath and inward focus. The class ends with deep relaxation.

The postures have a “yang aspect” where you hold the pose and breathe and a “yin” aspect where you come out of the pose, relax into stillness and feel the life energy flowing and integrating the body/mind. It teaches you how to move from “doing to being”. This practice has been described as "meditation in motion."

WINTER/SPRING Class Schedule 2015 – Amrit Yoga

Tuesday: 7:30pm - 8:45pm – Amrit Yoga with Bryn

January 6 - April 28 (17 classes) \$255.00 (\$15.00 per class)

Thursday: 7:00pm - 8:15pm – Amrit Yoga Nidra with Bryn

January 15 - February 12 (5 classes) \$90.00

Saturday: 10:00am - 11:15am – Amrit Yoga with Bryn

January 10 - May 2 (17 classes) \$255.00 (\$15.00 per class)

**Sign up for a series, best value at \$15.00 per class,
4 make-up classes available**

Single class: \$20.00 • 10 class card \$180.00 (good for 1 year)

Bryn is a certified Amrit Yoga & Yoga Nidra Instructor

Located: 481 Great Road #8 Acton, MA Contact: 978.266.9889

info@acupunctureplusyoga.com

***For more information on classes or to join our mailing list:
acupunctureplusyoga.com***

