

Healing is always possible...

Therapeutic Yoga with Sonia Nalon

Reduce stress, get flexible, find a supportive community, experience stability.

A 6-week series of breathing practices, slow movement & relaxation for body & mind. This is an all-levels class, but is focused on those who have mobility issues or who are coping with medical conditions. All postures & practices can be modified.

If you are under a doctor's care, please ask about any cautions and contraindications before beginning this series.

Patricia B, who lives with a chronic autoimmune disease, says,
"This has changed my life. I feel more in control now."

Schedule:

Tuesday evenings: 5:30 - 6:40 pm
November 22 through December 27 2011

At Abundance Wellness Center,
325 John Knox Road, Building T

In Wood Crest office park, across from Trousdale Aquatic Center.
Drive straight at the 4-way stop, turn left into the AWC parking lot at the yield sign. There's more parking behind the building

Cost:

All six classes - \$60

three classes - \$36

single class - \$15

Please pre-register: by email snalon@nettally.com
or by phone 850-216-1422

To schedule a private yoga therapy session with Sonia, call 216-1422
or email snalon@nettally.com. Fees on a sliding scale
Capital Health Plan will reimburse
up to \$150 per family per year for yoga classes.

Next series begins in late January 2012.

Sonia Nalon (MA, RYT-500),
has been on the trail of yoga for decades, through postures, breath, meditation
and study. She is a graduate of the yoga teacher training program at
Discovery Yoga in St. Augustine. Sonia has been
teaching classes and leading workshops in the
Tallahassee area for over five years. Her practice
has been therapy for injuries, illnesses and life's
other little surprises. She has also worked as a
Spanish teacher, journalist, editor, copywriter and
website designer.

