

# HATHA YOGA WITH SAM

Sam will lead a Hatha flow class to build foundation in your standing poses. Hatha yoga describes any of the physical practices of yoga. (Remember that yoga has eight limbs, only one of which, asana, involves doing yoga poses.)

This class is a good way to learn the strong basic poses particularly sun salutes & standing poses along with relaxation techniques to calm your mind for deeper reflection during winter.

Be sure to attend the first class on Wednesday July 21st for....

## FREE

(or make a donation to WIRES Wildlife Rescue & Rehabilitation) & then let Sammi know if you are keen for Hatha or Ki/Ryoho style each Wednesday from then on!

