

# Healing Hands Gentle Style Yoga

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**Healing Hands Gentle Yoga** is based on Svaroop Style (Comfort) Yoga and is appropriate for people of all levels of strength or disability. Its uniquely gentle approach is powerful and effective for deep opening in the muscles, connective tissue, and fascia around the hips, spine, shoulders, and neck. All poses are supported with soft props and held for extended periods of time to receive maximum benefit. The combining of gentle stretches with subtle directional assist promotes a free flow of energy and a deep state of well-being.

## Some of the many benefits

- Releases physical, mental, and emotional tension and stress
- Soothes the nervous system and deeply calms the mind
- Increases bone density and muscular strength
- Lengthens and aligns the spine
- Relieves headaches and helps you sleep
- Relieves lower back pain and sciatica
- Improves circulation, respiration, and digestion

## Where and When

**Bi-Weekly Class** - March 19,  
April 2, 16, 30, May 14, 28 from 6:30-8pm

**Drop-ins welcome** – First time drop-ins, please call  
Deidra at (978) 204-6430

**Cost:** \$20.00 per class or \$140.00 for 8 classes

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