



# HEALINGPOINT

## ACUPUNCTURE & HEALING ARTS

### Gentle Yoga for Tranquility

Tuesdays 10:00 -11:00 am / Thursdays 9:15 -10:15 am

In this gentle yoga class, the emphasis is on promoting healing, while moving slowly through poses, stretches and restorative sequences. During these yoga classes, participants are led through breathing techniques, yoga postures and meditation methods to promote healing, and restore a sense of well-being. Most of the class is done seated in a chair with an emphasis on gentle joint exercises, slow stretches to help keep muscles limber and strong, and breathing techniques to instill calm and inner balance. Students are encouraged to move at their own pace and all poses can be modified to individual needs. Students explore a few standing poses as an option but the emphasis is on supporting each individual where they are that class.



Heather Thamer M.Ed., E-RYT 500

### Yoga Fundamentals

Tuesdays 11:30 am -12:30 pm



Brandon Hughes M.Ac., L.Ac., RYT

This class will focus on the fundamental alignments in yoga. Starting from an active core finding length in the spine through various movements/asanas will be a central focus. Students of all levels will find their own peak and will promote excellent balance and posture which in turn increase circulation and healing capacity. With Brandon's background in sports medicine, this class will provide an outstanding foundation from which to practice yoga. Pranayama (breathing exercises) and meditation will also be used to promote harmony, homeostasis, and healing. This class is appropriate for anyone at any stage of cancer treatment and/or chronic illness and their families or support.

Each 1 hour class runs in 10 week sessions for \$120.

Classes are held in the Medical Pavilion at Howard County Suite 100 (Howard County General Hospital's Wellness Center)

Enrollment is rolling so call or email for the current dates and we will prorate the current session.

Partial Enrollment is also available

Contact Brandon Hughes M.Ac., L.Ac., RYT with questions

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[www.healingpoint.biz](http://www.healingpoint.biz)



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