



## Yoga as a Meditative Practice



Sunday evenings this Fall

6:30 - 8:00pm

Aug 27 - Oct 29, 2017

At Harmony Yoga studio

1955 Pauline Blvd, Suite 100 B

Please join us for a relaxed ending to your week and become re-freshed for the start of a new week. We engage in simple yoga practices while focusing on the breath and relaxation. We follow a series of postures that support concentration and awareness and improve flexibility, strength and circulation.

The yoga methods used are based in the Sivananda style which emphasizes relaxation of the body and mind, improves the flexibility of the spine and the circulation of the body's fluids. Some yoga experience is required for this class.

I offer yoga for a low rate because I want to make it easily accessible to all and because I teach primarily as a service to the community and to support my yoga practice. So, there is a suggested 'fee' of \$5-\$10 so that I can cover the rent of the studio and sometimes have extra to go towards my on-going training and development.

Please contact Kristi if you wish to participate or have questions!

[kholms@umich.edu](mailto:kholms@umich.edu)



**Instructor:** Kristi Holmstrom has practiced Iyengar yoga for 15 years and recently completed a 200 hr teacher training in Sivananda yoga. She teaches introductory classes in Vipassana meditation at Insight Meditation Ann Arbor. She has a PhD in Teaching and Teacher Education from the University of Michigan and is a former school teacher, UM lecturer and researcher.