



Healthy Lifestyles | Mind Body Gentle Yoga

at Gilda's Club Twin Cities

DATE:

Mondays

TIME:

9:30-10:30am

WITH:

Gabriele Kushi

COST: FREE!

RSVP:

Program

@GildasClubTwinCities.org

or 612.227.2147

LOCATION:

GCTC Clubhouse

Mind Body Studio

10560 Wayzata Boulevard

Minnetonka, MN 55305

(From 394 go North on Hopkins Crossroads; then right on North Frontage road—Wayzata Blvd)

A place where no one faces cancer alone.

All programs and services are offered at no cost to members



Start the week off right with a little self-care! This nurturing, slow-paced, and relaxing practice focuses on stretching all areas of the body while releasing stress and tension from joints and muscles. Structured for wellness and rejuvenation, we will practice a blend of classical Hatha yoga including, restorative, yoga nidra, meditation, as well as easy foundational postures, standing, seated, on the floor, or chair. This class will focus on creating a space where you can pause, breathe and connect to your body/mind/spirit. Easily modified for all levels and abilities, it is a great class for beginners and everyone interested in exploring a gentle practice.

Necessary yoga accessories provided or you are welcome to bring your own if preferred.



Gabriele Kushi, BFA, MEA, CHC, AADP, owner of Kushi's Kitchen, teaches long-distance Macrobiotic Wellness and Cooking Programs. She is an author, board-certified Holistic Health Practitioner, a certified Macrobiotic Counselor and Teacher, and Yoga Therapist. Her books, The Macrobiotic

Kitchen in Ten Easy Steps and Embracing Menopause Naturally, as well as numerous Natural Foods Cooking DVDs are available worldwide at www.kushiskitchen.com.

Gilda's Club Twin Cities

www.GildasClubTwinCities.org | 612.227.2147 | info@gildasclubtwincities.org

10560 Wayzata Blvd, Minnetonka, MN 55305

Rev. 6.23.16