



don't do something
just sit

Learn Meditation Workshop

The class:

- *gentle hip opening poses
- *sitting techniques
- *breathing techniques to still the body and calm the mind
- *guidance to deepen stillness
- *meditation with the use of sound
- *silent meditation

Linda's staff offers a variety of classes.
For details on all of the classes, visit us on the web:
www.lindaspoweryoga.com

Sign up to be on the mailing list.

Linda M. Zogas
Linda's Power Yoga
www.lindaspoweryoga.com
email:Linda@lindaspoweryoga.com
610-698-0477
6 Chip Lane
Reading, Pa. 19607



with

MaryAnn Cairo

Potential Benefits

- stronger focus and concentration
- reduced tension, anxiety and stress
- clearer thinking, less emotional turmoil
- lower blood pressure and cholesterol
- support in kicking addictions and other self-defeating behaviors
- greater creativity and enhanced performance in work and play
- increased self-understanding and self-acceptance
- more joy, love, and spontaneity
- greater intimacy with family and friends
- deeper sense of meaning and purpose

MARYANN CAIRO

“Yoga and meditation have transformed my life, teaching me how to cultivate an inner strength that I never knew that I had. A yoga practice, to me, is a cleansing and nourishing experience while learning how to drop away all that we don’t need and coming back full circle to our true selves. The nature of yoga allows us how to explore how to be present with what ever shows up in our practice and also in our life”. For MaryAnn’s full bio, go to the website.

This isn’t just about meditation.

It’s about your life.

This meditation is NOT tough.

This meditation IS personal. 

Preparation for class:

- Bring a yoga mat (there are mats available for purchase)
- Wear comfortable clothing
- Plan to arrive on time
- Bring water
- Invite a friend or family member
- Bring a journal and pen

Payment:

\$40 per session

Payment to Linda’s Power Yoga - cash or check - at time of registration or first day of the session.

Please invite your family and friends to join you in this experience!

! REPEAT CLIENTS ARE HALF PRICE !

Register:

Please register for sessions via email to Linda at Linda@lindaspoweryoga.com. Or call Linda at 610-698-0477.

Drop-ins are welcome also!

We like to ensure we have the proper amount of staff and supplies for your experience!

Session Dates and Times:

Session 1:

Mondays 6:45- 8:00 pm

May 17th

May 24th

All Classes are held at Colonial Fitness on Route 724 in Sinking Spring. Membership to the Health Club is not necessary to attend any LPY Program. You have full use of the locker room for your personal possessions (please bring a lock), and showers and steam room are available.