

GENTLE YOGA FOR STRESS RELIEF

Loosen Up and Breathe Easy

Taught by Phil Milgrom, CSYT, CSMT
Co-Director of The Centered Place

Thursday, December 8

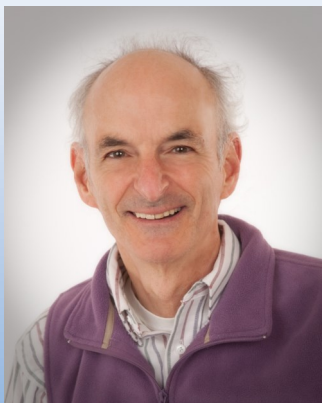
6:30 to 8:00 pm

Let peace prevail this holiday season, starting with you! Enjoy a slower-paced yoga practice with simple poses that are both accessible and powerfully beneficial. Feel like your self again.

Loosen your back, neck and shoulders. Learn to breathe more easily and effectively for greater stamina and energy.

Yoga and meditation are clinically tested tools for reducing stress and improving health.

Please bring a mat and one or two blankets and cushions if possible.



Phil Milgrom teaches at The Centered Place in Warren.

He has taught yoga and meditation since the early 1970s.



Location

Warren Senior Center
2252 Main Street, West Warren

Who May Attend

The event is *free* and for all ages, 15 and up. No previous yoga experience required.

Register

Call the Warren Public Library
413 436-7690 or email
warrenpubliclibrary@hotmail.com.

Sponsored by the Warren Public Library with a grant from the Warren Cultural Council, a local agency supported by the MASS Cultural Council, a state agency.

