

COMPASSION



PADUCAH YOGA CENTER

7TH & BROADWAY • PADUCAH, KY

Empowerment Yoga

with Nicole Brown, RYT

Empowerment Yoga is designed for 'empowering' the student. You will be 'taught' rather than 'led' so that you will have the knowledge of safe alignment to practice in any type of class, whether it be in another Yoga Style or exercise system.

Ultimately this knowledge will transfer into your everyday life, bringing more stability and 'freedom' in the body, mind and spirit. It should be challenging for you, but not to the point where you stress out over whether or not you are doing too much or not enough. It takes time and dedication. It takes patience.

All of the postures will help support your spine while improving your posture, increasing your flexibility and balance.

All of the postures will encourage self-realization, leading you to 'befriending' all aspects of self.

Restorative Yoga/Reiki session consists of supported yoga positions with props, and the guidance of touch to release the body. This support and guidance will allow the intelligence of the body, mind and spirit to process and eliminate what is necessary leaving you refreshed and grounded.

Nicole Brown is a certified, registered yoga teacher and Reiki Master. Yoga has been a part of her life for over 15 years. Reiki, for over 4 years. Nicole began teaching Yoga in June 2000, and continues to study more in depth the science of yoga to insure the best instruction to all she teaches. Nicole received her professional training in 2002 at the prestigious Southern Institute for Yoga Instructors where she was awarded a 1000 hour yoga teacher certification. Through SIYI, Nicole had the opportunity to train with, and continues to train with, highly respected teachers in the Iyengar Tradition. The program covered asana (postures) and pranayama (breath exercise), anatomy and physiology, yoga philosophy and ethics, Sanskrit and Ayurvedics (natural health care)

270-575-0211

WWW.PADUCAHYOGACENTER.COM

Weekly Group Classes

Mondays 9:30am - 11:00am

Tuesdays 5:30pm - 7:00pm

Thursdays 9:30am - 11:00am

Saturdays 11:30am - 1:00pm

PAYMENT

Per Session.....\$12

4 or more scheduled classes...\$10 each

Private Yoga and Reiki

Mondays, Thursdays

8:00am - 9:15am

11:30am - 12:45pm

1:15pm - 2:30pm

Saturdays

8:00am - 9:15am

PAYMENT

Per Session.....\$50

4 or more scheduled classes...\$40 each

For more information contact:

Nicole Brown

627 Broadway Suite B
Paducah, KY 42001

270-575-0211

info@paducahyogacenter.com

ALL LEVELS WELCOME!