

# REFLECT



## PADUCAH YOGA CENTER

627 BROADWAY • PADUCAH, KY 42001

# Yoga Reflections

with Barb Conyer, MSN, RN, RYT

### Yoga Basics

Are you looking to begin Yoga, or needing to revisit the foundations? This class will give you the confidence to start and confirm the ongoing journey of body mind connection!

### Yoga for Women

This intimate class is for women only. The health of women can effect the health of society. The care giving nature of womanhood needs to allow rest to care for herself. Here is your permission to come relax and renew. You know your family will appreciate it!

**Barb** is a graduate of the Southern Institute for Yoga Instructors where she received her registration at the 500 hour level with the National Yoga Alliance. She brings to the yoga community a holistic philosophy of health, seeing yoga as a complimentary alternative modality for maintaining wellness. Barb's focus is in Restorative Yoga. She continues her studies in Yoga by attending yearly workshops under respected teachers in the yoga community.

270-575-0211

WWW.PADUCAHYOGACENTER.COM

### Yoga Basics

Fridays 9:00am - 10:30am  
Saturday 9:30am - 11:00am

### Yoga for Women

Fridays 3:00pm - 4:30pm

Per Session.....\$12

4 or more scheduled classes...\$10 each  
made payable to instructor

For more information contact:

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# ALL LEVELS WELCOME!