

Hollis YOGA

*The Om Studio for wellness,
yoga and community*

Hollis YOGA, for wellness, yoga and community

3 Hollis Village Marketplace,

PO Box 344

Hollis, NH 03049

(603)465-2343 www.hollisyoga.com

Warm Vinyasa

*** NEW CLASS WITH DORIS ***

Thursdays 7:30_{PM} — 9:00_{PM}

BEGINNING SEPTEMBER 13TH

WHAT IS "WARM VINYASA"?

COMBINED DYNAMIC BREATH AND SLOW FLOWING
MOVEMENT — FOCUS ON ALIGNMENT, STRENGTH
AND FLEXIBILITY IN A WARM AND NURTURING
ENVIRONMENT — SET TEMPERATURE OF 80
DEGREES, FOR ADDED DETOX BENEFIT

Yoga practice is an intimate, personal journey into mindfulness — a journey which enriches and enhances lives in a profound and powerful way

