Aging Gracefully *through* Yoga *with* Elysabeth Williamson

When: Thursday / Feb 13 / 4 - 6PM
Where: 146 W Main St, Bay Shore, NY
Who: All Levels welcome
Cost: $30 / $35 day of
Register: Bearfoot Yoga

Join Elysabeth for a deep, sensual practice that comes from 30yrs teaching experience. She see Yoga as a profound practice that continues to deepen throughout of lives.

Included:

- Subtle energetics of the breath
- Connecting with core strength
- Healthy joint care
- Understanding alignment principles
- Working your edge with clarity and compassion
- Balancing polarities of strength and flexibility
- Understanding the elemental energies of the body

Elysabeth Williamson has been an innovator in the world of Yoga for over thirty years and is the author of 'The Pleasures and Principles of Partner Yoga'. She has had a lifelong intuitive understanding of Yoga and enjoys sharing its practical benefits with students of all levels. Elysabeth sees our individual capacity for embodied well-being as intimately connected to the well-being of our planet and is passionate about contributing to both.
www.Elysabethwilliamson.com