

Yoga at NCUU

Sensing From the Inside Out

This class is a synthesis of Hatha yoga, Polarity yoga, breathe work and dance movements all done in the spirit of mindfulness. The primary focus is learning to listen on an internal level. Self-direction is encouraged as well as learning to act from one's own truth. Each class will conclude with a period of guided relaxation. Participants report feeling peace, contentment, increased strength, flexibility and stamina. New skills will be developed to cope with life's daily stresses.

Please bring a yoga mat and wear loose, soft clothing

*Tuesdays & Thursdays
10:30 am – 12:00 pm
taught by
Barbara Ewing-DeRemer*

Barbara is a certified Yoga instructor and Polarity practitioner. She has taught Hatha yoga and meditation for over 30 years. She is a Smith College graduate and has studied in the Holistic Counseling Master's Degree Program at Salve Regina University.

For further information or directions please call **352-795-5736**. The suggested donation per class is **\$8.00**. Classes are ongoing. Beginners are especially welcome.

Nature Coast Unitarian Universalist Fellowship
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just north of the Holder traffic light
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