

rooted tree massage & yoga august schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| Wake up Flow with Sheila 7:20-7:50am | Kundalini with Sheila 7:20-7:50am | Gentle Wake up Flow with Sheila* 7:20-7:50am | Kundalini with Sheila 8-8:30am | Wake up Flow with Sheila 7:20-7:50am |
| Classes online using ZOOM Monthly passes available for \$20 | Yoga that works for you with Sheila* 8-8:30am | Kundalini with Sheila 8-8:30am | rootedtreemassage.com rootedtreemassage@gmail.com (867) 334-8599 No classes on Statutory Holidays | |

Not-for-profit: all proceeds are donated. No one turned away for lack of funds!

*No previous exposure to yoga necessary. Slow-paced and gentle instructions help students enjoy the benefits of yoga in a safe and comfortable way.

Wake Up Flow: A gentle morning flow to connect you to your breath and wake you up for the day. Must be able to sit on the floor and kneel comfortably.

Kundalini: Awaken your body with meditative actions, mudra, and mantra to focus the mind. Actions are repeated at a pace appropriate for you, for 30 seconds to a few minutes. To make the most of each kriya (action), our practice will look the same day-to-day, until you are familiar with the sequence. Then we will move on! Kundalini has a powerful effect on the endocrine system, improving lymph drainage, hormonal balance, and mood. As Yogi Bhajan says, "The process of growth through Kundalini Yoga is a natural unfolding of your own nature." Do what feels good, soak in the good vibes in between, and watch this beautiful practice transform you. Must be able to kneel comfortably. If sitting on the floor doesn't suit you, have a chair handy.

Yoga that works for you: Explore the important points to take into consideration when choosing yoga classes, teachers, styles, and points of rebellion, so you can stay safe, and feel empowered on your yoga journey! Each session will have a different topic, and students can play a role in determining how the class progresses by coming with their questions. Geared towards beginners, discussions and activities will be custom-built to those attending.

Gentle Wake Up Flow: This extra-special class is accessible to anyone able stand up, and relax on their back. We'll connect with breath, strength, and relaxation for a blissful wake-up.