



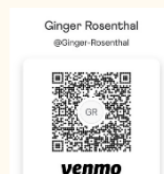
What to Expect from Yoga for Clinicians

*A 45 minute session that involves techniques to increase the effectiveness of breathing, movements that will align bones and joints, along with techniques that can help the mind calm. The focus will be on releasing stress/tension held in the body, breathing to detox physically & mentally, and the opportunity to "unplug" in a space meant for rest-oration.

*This class is not meant to replace therapy nor is it based in a religious belief/system.

*Ginger Rosenthal will lead these classes. She has been teaching yoga for 13 years. Ginger has worked with people of all ages, genders, creeds, races, and socio-economic backgrounds. Her foundation of practice is to create space for all humans to have tools accessible to them internally for healing and growth.

CLASSES WILL BE HELD AT THE CORD TUESDAYS FROM 2-2:45PM
\$20 CASH/VENMO



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WWW.EMBRACEYOURWAY.COM
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