



Imagine yourself moving gently through simple patterns and following your breath. Imagine your spine smoothly lengthening, your joints flowing through easy movements. Imagine your breath becoming smoother and longer. Imagine your thoughts more quiet and subtle each passing moment. Imagine fifty minutes dedicated to your well being. Imagine how the rest of the day looks brighter and more doable afterwards. Imagine...

# COMMUNITY YOGA

Beginning in January 2012

Wednesdays 11am-12pm

Thursdays 5:30-6:30pm

Kath Sargent R.N., N.D. is a 200 and 500 hour Yoga Alliance certified teacher. A student and teacher of the Krishnamacarya Healing Yoga Foundation in Chennai, India, Kath has taught group classes for freshmen at Carver Center for Arts and Technology, vocal students at the Peabody Children's Choir, seniors at local Baltimore County Senior Centers, teachers at Pikesville Middle School, as well as private yoga sessions for clients who desire a home practice.

Community Yoga is a Donation Fee based class. Please pay what you can and be welcome.

