

Download Body Centered Inquiry Meditation Training To Awaken Your Inner Guidance Vitality And Loving Heart

Arah Bahn brings to her classes seven years of teaching experience, 25+ years of practice, and an appreciation of yoga's capacity to heal, strengthen, enlighten and bring people together. Gentle This slower-paced class focuses on breathing, relaxation, gentle stretching and standing poses. Beginners are welcome. Gentle Plus Are you ready to take your Gentle Yoga practice to the next level and still honor your body's need to move slowly. This session can entail a full or partial body treatment based on the time requested and/or the client's needs. The work is more focused and begins to address the deeper muscle groups and chronic pain affecting specific body areas (neck, shoulders, low back, etc.). Welcome to RiverGarden. Begin a new practice - Revive a past passion - Invigorate your current practice. RiverGarden Yoga Center offers a variety of morning, afternoon and evening yoga and meditation classes for all levels of experience -- from beginner to advanced.