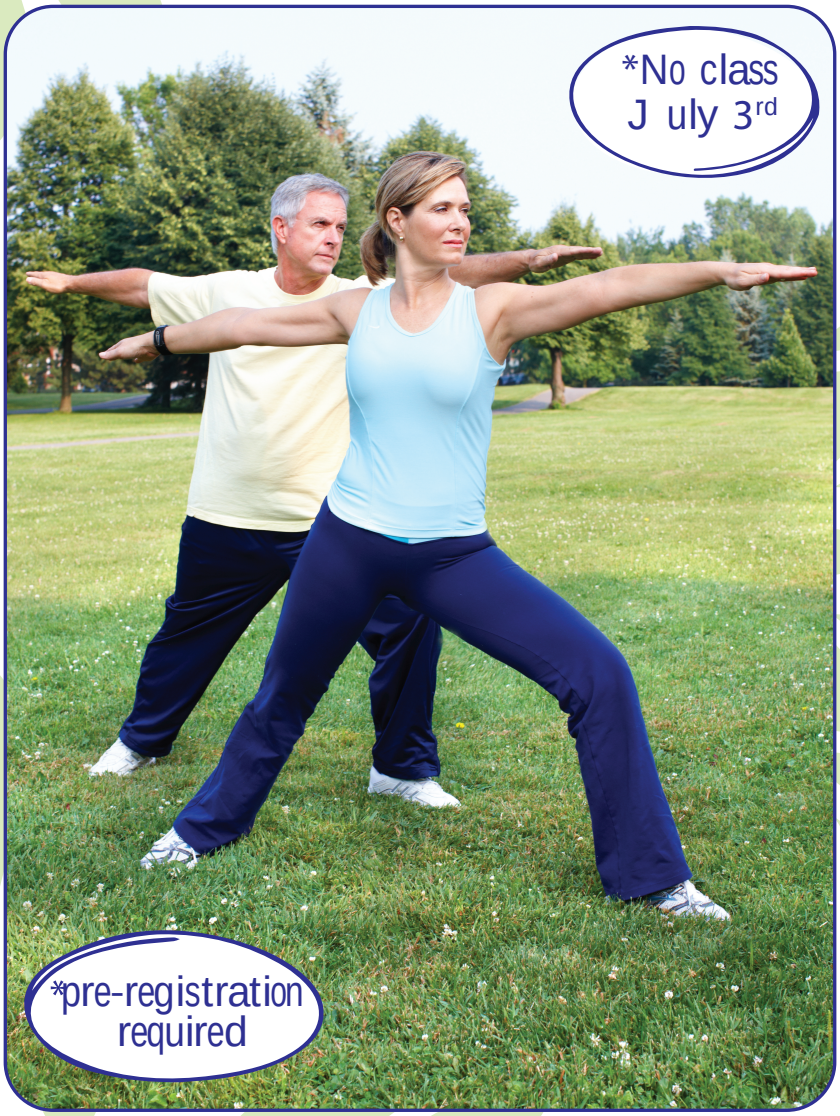
GENTLE HATHA YOGA

Outdoor SUMMER SERIES

LOCATED AT HINGHAM GATEWAY PARK
(ACROSS FROM THE COMMUTER LOT BEHIND THE FLAGS)

with
Nancy Boyle

JUNE 12th - AUGUST 7th | **8 WEEKS** | **FRIDAYS @ 10:30 AM**



Begin to awaken your body while communing with nature in this Gentle Hatha Yoga Series.

Gradually gain flexibility and mobility through stretching the body and stabilizing the breath.

Those new to yoga will benefit from the slower pace with emphasis on reclining, seated postures along with standing poses focused on building strength and balance.

More experienced students find this Gentle Yoga practice a way to reconnect with the fundamentals of practice and to cultivate mindful awareness.

This well-rounded practice includes basic yoga poses that can be modified according to your abilities and goals.

The class helps students learn to align the body in a way that gently builds strength and improves flexibility over time.

Those seeking to find balance in their bodies and in their lives will benefit from the physical work and meditation done in Gentle Hatha Yoga.

$100 | **$80 IF PRE-REGISTERED BEFORE JUNE 9th** | **$15 SINGLE SESSION FEE**

OPEN DOORS YOGA STUDIO | HINGHAM
400 LINCOLN PLAZA (NEXT TO MARSHALL'S)

FOLLOW US @OpenHingham