

*"we are open to what is
real"*

Thursday Morning Yoga

with Kim Petrucci

8:15 -9:30 AM

Holistic Wellness Center

67 West Street, Medfield, MA

info@holisticwellnesscenter.net or 508-359-7400

\$8 First Time Student

\$17 Drop-In

\$90 Six Class Session

Kim enjoys a teaching style that incorporates many yoga influences, including: Iyengar, Integral, Kripalu and Bikram. Her class focus on quieting the mind and body. This creates an opportunity to open both, creating space for relaxation and healing. Her class is a meditation in motion. Kim has the ability to adjust her class to meet the need of her students and knows the art of guiding her students to work to their potential. She always begins her class with a few minutes of mind-body connection that is maintained throughout the class. Next, she starts with some gentle postures and moves on to some more challenging ones. The class ends with a few minutes of deep relaxation, which often includes a guided healing meditation. Her class promotes a feeling of peace and well-being that one can enjoy and take with them. Her goal is that her students take what they create in class into their daily lives. Enhancing a healthier and more joyful life for themselves as well as the lives they touch. *Namaste...*

*For more information contact Kim at
KPetrucci22@gmail.com*