

SACRED SUNDAYS

A Restorative & Meditative Practice
with Denise Landucci

Dates for January - June 2008:

Jan 13; Feb 10; Mar 16;
April 13; May 18; June 8
4:00 - 5:30pm
- regular class fee -



This will be a quiet, introspective, conscious practice of seated and static postures supported by blankets that are held for 5-20 minutes.

These poses are teachers in and of themselves of why, how, and where we carry unnecessary stress and tension in the body, mind, heart, and breath.

Denise will provide instruction through each pose and then lead a guided meditation at the end of class.

Class Guidelines:

- Arrive 10 minutes early to set up.
- Refrain from food 2 1/2 to 3 hours before class
- Wear comfortable warm clothing, even socks
- Wear no perfumes or scents of any kind
- Bring your own eye pillow if desired

For Whom: All levels are welcome, but some experience with the Foundations level 1-2 classes is helpful. Please talk with Denise if you have any questions.

Denise has been practicing active and passive yoga asanas as well as meditation and philosophical study for over 13 years.

*Silence is the best alchemy,
everything mirrors everything,
no one knows anyone's name*

- Rumi

