



Yoga for **EVERY BODY**

Donna Belinsky

Simple Poses Yoga

at Go With The Flow Wellness

I'm Donna and I look forward to welcoming you to gentle yoga. I discovered yoga in 2011 shortly after finishing radiation treatment for breast cancer. I was surprised to discover that yoga is about so much more than just physical movement. Yoga is the union of mind, body, and breath. Yoga physically helped to strengthen my muscles, increased my flexibility, and improved my balance. More importantly I learned to apply the principles that I learned during my yoga practice to my everyday life. Things like breathing deeply, focusing on what is happening in the current moment, and listening to my body. In yoga there is no judgement – of others or most importantly of ourselves. After years of battling my body, yoga has helped me to accept myself as I am. It is now my mission to bring yoga to EVERY body regardless of shape, size, flexibility, or fitness level. If you've ever said "I can't do yoga" I encourage you to try yoga with me. If I can, YOU can!

Donna is a Certified Yoga Instructor

She completed her 200 hour yoga training at Revelation Yoga in Norton MA.

You can contact Donna at: SimplePoses@gmail.com

CLASS SCHEDULE

Friday Mornings at 9:30 on

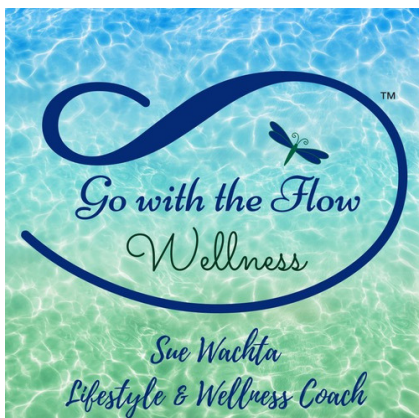
November 30th ~ December 7th, 14th, 21st & 28th

All Classes are held at Go With The Flow Wellness.

Class size is limited to 8 so it's important to pre-register.

The class fee of \$15 can be paid on the day of the class.

To reserve your mat please contact Donna at SimplePoses@Gmail.com



**Please visit my FaceBook Page
"Go With The Flow Wellness Workshops & Events"**

**Go With The Flow Wellness
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www.GoWithTheFlowWellness.com
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