

Niantic Yoga Studio Presents a Weekly Workshop:

Pain Free, Fit & Strong

with Kris Montigny

Saturdays @ 10:30-12:30

Cost is \$10 per person* per class (members)
\$30 per person per class (non-members)

Many students report that, though Blanket Yoga is one of the best things they do for their health and wellness, they sometimes don't feel that they get enough cardio or aerobic exercise, or that they need to 'work out' more.

In this workshop series Kris will lead you through the Sun Salutation, Blanket Yoga style. Learn a daily 5-minute cardio exercise. Work on side bends and back bends - the anti-aging movement! Increase your aerobic health as you also improve your range of motion and muscular strength, and get down to the nitty-gritty of the poses in this traditional yoga vinyasa.

If you've been doing Svaroopa Yoga for some time and you're ready to take yourself and your practice to the next level of discovery, this is for you. Must have an advanced knowledge of the practice, poses, and propping as well as a home practice. Modifications are always available. You can drop in to any Saturday workshop, there is no registration necessary. **The weekly workshop series is independent of class cards or unlimited memberships. Members receive a weekly discounted rate as a benefit of membership.*

For more information, contact Kris Montigny directly:

PainFreeWithKris@gmail.com

860-608-3886

