



Sunrise Yoga

With Jen Mast, RYT 200, LFYP, LICSW
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Coming Mondays and Wednesdays this Spring!!!

Monday Gentle Yoga: Experience balance and harmony through a slow and mindful practice designed to release tension, reduce stress, and promote relaxation while connecting with nature. Emphasis on breath, flexibility, self-awareness, and honoring the body. This class is appropriate for beginners, students with limitations, as well as experienced practitioners who enjoy a mindful and relaxing practice.

Wednesday All Levels Vinyasa Flow: Start your morning with an invigorating, wake up yoga practice in the great outdoors! This all levels Vinyasa Flow class focuses on synchronizing breath and movement, core strength, alignment, balance, flexibility, endurance, meditation and much more. Vinyasa style yoga is both a great place to start learning yoga and to continue challenging yourself.

Where: The Stow Snow Field Pavilion – Old Bolton Rd. Stow MA

Monday (s) Gentle: April 28th, May 5th, 12th, 19th, June 2nd, 9th, 16th

Wednesday(s) All Levels: April 30th, May 7th, 14th, 21st, 28th, June 4th,
11th and 18th

Time: 9:00-10:15 am

Cost: \$84 for Gentle on Mondays (7 classes)
\$96 for All Levels on Wednesdays (8 classes)

Sign up: http://www.stow-ma.gov/pages/stowma_recreation/index

**If inclement weather – indoor location TBA

***Please bring a yoga mat and wear comfortable clothing

Any questions feel free to email me at jenmastyoga@gmail.com

