

Radiant Life Yoga Program

with Serena Miller

Would you like to feel better by —

- *Becoming more flexible?*
- *Breathing more deeply?*
- *Having better circulation?*
- *Moving in ways that are just right for you?*

Have you ever thought —

- *“I’d like to try yoga, but I’m so stiff, sore and out of shape.” or*
- *“I used to do yoga and I’d love to get back to it, but maybe I’m too old now.” or*
- *“I’m so tired and hungry after work, I just want to go home.”*



If your answers are “YES”, then join us at the Radiant Life Yoga Program.

Where: Center for Spiritual Living (formerly Positive Living)

740 S. Oak Street, Ukiah

When: Wednesdays, beginning October 15.

5:30 to 7:30 p.m.*

Cost: \$15 dollars (negotiable if necessary)

Open enrollment, space allowing. Bring a water bottle.

** The door opens at 5 p.m. Restrooms are available for changing into your sweat pants and tee-shirt. You are greeted with a warm cup of vegetarian soup (\$1 per cup). At 5:30, place your two blankets and two towels on the floor of the sanctuary. To the accompaniment of soft music, you will be guided into a relaxation pose—opening to this gently moving, restorative style of yoga. By 7:30, you will be out the door, refreshed, relaxed and ready for a good night sleep.*

“Two hours!!”, you might say. Yes, and this could be the best two hours you’ve experienced all week

For more information, call Serena at 621-0385

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