

SOMATIC FLOW YOGA

with Serena Miller



Somatic Flow Yoga is a gently moving, restorative style of yoga. It is beneficial for all ages, body types and levels of fitness. If you would like to breathe more fully, relax more deeply, relieve stress and create more freedom in your joints and muscles, then come join us.

Wear loose clothing and bring a yoga mat, blanket or sleeping bag for extra comfort.

Where: *Body Rituals
91 S. Main Street, Willits
(in the courtyard behind Ardella's Restaurant)*

When: *Mondays 2 - 3 p.m.*

Cost: *\$100/10 class card or \$15 drop-in*

Serena Miller is a Certified Holistic Massage Therapist, a Siddha Vaidya External Therapy Trainer and a Transpersonal Body-Mind Therapist. Serena has been the yoga instructor at The Mendocino School of Holistic Massage and Advanced Healing Arts for 7 years. She has been a student of meditation since 1968.

Visit her web-site at <http://www.serenamiller.com>

**For more information, call Serena at 621-0385
or Body Rituals at 459-2300**