

*Join
Walter Hurd
Thursdays at Noon
for*

Yoga & Breath Integration

In this class, you will experience how yoga postures, integrated with the breath, leave you rested and yet energized - ready to take on your day.

You will also experience:

- * deep, lasting sense of peace and well-being.
- * internally cleansing the cobwebs of negative emotions and the anxieties of a worrying mind.
- * therapeutic relief of the body's aches and pains, while bathing the emotions and mind in a soothing calm.

Walter has studied 40 years with Mr. Walt Baptiste, the San Francisco Yoga Master famous for introducing a very traditional, therapeutic approach to Hatha Yoga.

"I love practicing yoga postures in this traditional way because they really do heighten our life experience. We uncover new energy, new layers of personal strength both in body and character, and new insights into who we are....Walter Hurd"