

Insight Yoga & Meditation in Motion :

The Flow of Healing Energy Within/ Energy Medicine

Lead by: Mariko Fusillo

(E-RYT 500: Experienced senior teacher by Yoga Alliance, Reiki/Shiatsu Master,)

Relaxing, Nurturing, Learning, sharing
about Health & Well-being

through

Gentle yoga, mindful meditation, meditation movement,
Qi-gong(life force energy with Tai-chi Easy method),
Reiki healing, Shiatsu, Restorative yoga

You will

- Learn self-healing methods (Chakras, Meridians)
- Learn how to relax body, mind and enhance focus.
- Learn pranayama(yoga breath) and different meditation methods
- Find a deeper connection to yourself and deepen your practice
- Enhance immune system and harmonize auto-nerve system

To connect deep inside of calmness.

Course : **Oct. 20th –Nov.10th (4 sessions)**

Thursday 7:30-9:00pm All levels welcome

Fee: \$64 (4 sessions)

Walk in \$18

Harmony Yoga & Dance, Healing Arts Center

3050 Merrick Rd. Wantagh

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