

**Yoga Synergy Style** has evolved from more than 20 years of teaching and practicing- what emerges is an eclectic blend of Alignment Based Hatha, Vinyasa, Vini Yoga, Kundalini, Yin , Meditation and Restorative Yoga's - There is always emphasis on the Breath, The Direct Experience of the Body, Breath and Mind in the Present Moment, Self -Acceptance and Being with What Is -**both On and Off your Mat**. Each Class will use a different Inspiration, focus or theme- Ranging from Loving Kindness, Living your Truth- or a Physiological thread- such as Opening up the Hips and Hamstrings, Backbends and Heart Openers , Neck and Shoulders etc..... with the ultimate goal of teaching balance, mindfulness and wholeness in all that we do .

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**Monday 6 pm-** Yoga Flow- Mixed Levels - Amy

**Thursday 9 am-** Yin Yoga- Melissa

**Tuesday 9 am -** Gentle Yoga- Beginner and Intermediate - Amy

**Thursday 6 pm-** Yoga Flow- Mixed Levels- Melissa

\*\* Classes are 75-90 long

### 2016 Pricing

Drop In \$16

**3 Class Pack \$42 Expires 4 Wks      5 Class Pack \$65 Expires 6 Wks**

**New Student Special Jan and Feb only! 5 Class Pack \$60**

**Discounts-** Military with ID, Student with ID \$2 off Drop In or 10% off Class Packs

**www. SynergyOrganicCafeFWB.com or 850.243.7492 for more Information**

Located at the North West Florida Ballet Annex on Brooks Street- Enter thru Parking Lot next to Bob's Bicycles

