

Breathe and Move: Yoga and Meditation

Wednesdays, 12—1 pm, March 29—April 26
The Women's Initiative, 1101 E High St, C-ville

Uncover your inherent ability to release stress, refresh the body and mind, and approach everyday challenges with new perspective. We will practice gentle stretching exercises and yoga flow to unlock tension within the muscles, and breathing exercises to help clear and calm the mind. We



will also connect with the healing power of nature and creative expression.

All women and all bodies welcome—no yoga or mindfulness experience necessary, and physical limitations will be accommodated. You do not need to attend the entire 5-week session. Feel free to drop in!

Facilitated by Linda Capacchione, LPC



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