

Yoga for Healing the Heart

Tuesdays, 5:30–6:30 pm, Sept. 5—Oct. 24

The Women's Initiative, 1101 East High St., C-ville

Our bodies hold our emotional wounds but can also be an instrument of our healing. Through stretching, breathing and mindful attention, we can cultivate our inherent capacity to heal and recover a



sense of physical and emotional safety. This class incorporates seated and standing postures in gentle, flowing sequences.

Facilitated by Hilary Steinitz, MSW.

No yoga experience necessary and all bodies welcome; practice can be adapted to suit individual needs. No registration necessary.

Questions? Contact Hilary at hsteinitz@thewomensinitiative.org or 434.872.0047 ext. 106.



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