



Compassionate YOGA

Find Stillness Strength and Self-Kindness
Every Tuesday at 6:30 PM
EAST END THRIVE

**JOIN US FOR A GENTLE, SUPPORTIVE YOGA CLASS DESIGNED
TO CULTIVATE SELF-COMPASSION AND PERSONAL DISCOVERY.**

WHAT TO EXPECT:

**GUIDED MEDITATION
BREATHWORK PRACTICES
GENTLE YOGA POSTURES
LIGHT DISCUSSION OF YOGIC PRINCIPLES**

**THIS CLASS IS OPEN TO ALL SKILL LEVELS.
POSES CAN BE MODIFIED FOR COMFORT AND ACCESSIBILITY.**

