



Join this Fall 2022 Monthly Class

# Meditation & Mindful Flow Yoga

with Angela May



**Thursdays 5:30 – 7:00 pm**

## Just BE Meditation ~ FREE Class 5:30-6:00pm

It is easy to look outside ourselves for the answers we seek, but all the wisdom we will ever need is within us, if we are willing to be still and listen to our subtle inner voice. By utilizing yogic technology to quiet the mind and connect to our breath, with practice, meditation can open awareness, quiet chaos, improve sleep, and benefit overall health while learning to give ourselves permission to just BE. This class is intended for ages 12 and up, no prior experience needed. Can be taken prior to Mindful Flow yoga.

## Mindful Flow Yoga ~ 6:00-7:00pm

Deepen your connection to your body and breath through mindful movement. This class will explore and use a combination of various asanas and practices to improve strength, increase flexibility, and enhance awareness. Please bring your own personal yoga mat, water bottle, and towel—all other equipment will be provided.

**\$15 per class - September 15 | October 20 | November 17 | December 15**

**Class Size Limited** - Please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Monthly classes can be pre-pay or drop-in, but no guaranteed place in class without early sign-up/pre-pay.



Angela May knew her path in life was to share the knowledge and wisdom of yoga after completing her 200-hour yoga teacher training in Sacred Valley, Peru. As a professional yoga instructor, shamanic practitioner and healer, Angela guides people into listening to their inner self, stepping out of their comfort zone, and exploring their inner wisdom and ability to heal. Angela shares her creativity and talents as a local artist, as well as a Saltologist at The Wellness Spa.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)