



Healing Hearts Yoga for Parents

WHEN: Saturdays 10-11 am (Feb 11 18 25
March 3))

WHERE: HARMONY YOGA located within **BreakThru**
48 Union St Stamford

HOW: Call Carol Shwidock 203 962 4672
Harmonyyoga22@aol.com
or Kimberely Colletto 203 355 9395
Breakthrufitness@aol.com

COST: \$22 per class or sign up for series \$80
Minimum of 6 needed for class to begin

Parents that have children with Special Needs have a unique bond. This customized yoga series will teach parents breathing techniques & gentle yoga postures to help decrease the stress within, cultivate joy & peace inside and facilitate flexibility, balance, & strength on the mat and off the mat into your life!