

# Yoga for TEACHERS

*When teachers thrive, so do their students*

-Jane Rosen



Adult & Children's Yoga instructor Beth Houlihan, of *Roots to Wings Yoga & Healing Center*, will be offering an 8 week yoga series designed for anyone working in a school teaching position with children and young adults.

Thursdays, February 16 – April 13, 2017

3:20 – 4:20 pm

At Roots to Wings Yoga & Healing

76 Newburyport Turnpike, Newbury MA



A slower flowing, gentle yoga class for all levels. Classes will include warm up stretching, breathing practices, gentle flow and deep relaxation. Students encouraged to listen to their body and have patience for any physical restrictions they may be dealing with, meeting their body where it is at.

Beginners Encouraged  
Cost \$75

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[www.rootstowings.com](http://www.rootstowings.com)

**978.463.YOGA**