



Stephanie's Yoga at Unity

Stephanie's Yoga at Unity class will provide professional yoga instruction for all those who want to enrich their body, mind, and soul connection. Students will be taught the basics of yoga form, structure, and movement. Yoga asanas (postures) will be taught so that each student will take home a practice he or she can tap into any time or any place. The class teaches concentration, meditation, balance, and just plain "letting go." Melting into yoga asanas is good for the body, mind and soul. Students often leave smiling.

Class Schedule:

Tuesday **9:30 a.m.**

Thursday **9:30 a.m. and 6:00 pm**

In the **Unity Fellowship Hall, 1011 Virginia St. KW**

Stephanie's Yoga at Unity is a personal enrichment class offered in partnership with the church and the instructor. The classes are held on a Love Offering basis so that all people may enjoy the benefits of yoga. (Commercial yoga classes are generally around \$15.) All love offerings received are shared equally between Unity and Stephanie. Classes are open to Unity members and the Key West community. Feel free to tell your friends.

Yoga at Unity is taught by Stephanie Vestal, a long time Unity member and professionally trained yoga instructor. Under the direction of Paula Tursi of Reflections Yoga, NYC, Stephanie completed her 200 hour instructor training at Villa Samaya Retreat Center on Lake Attilan in Guatemala and received her yoga teacher certification in 2008.

Stephanie's yoga practice began in the mid 1970's. She heard good reports about yoga and its benefits and had to try it. Stephanie loved yoga from the start and has been practicing ever since.

Tips for students:

This class is designed for beginners or experienced students. First time students are encouraged to try this beneficial form of exercise and relaxation.

It is suggested that students arrive early for class to set up. Bring a yoga mat (if you have one, but some are available through the instructor), a towel and a water bottle.

Wear comfortable clothes that will allow for unrestricted movement.

Eat a very light breakfast or lunch. In order to have a comfortable class, the stomach should be neither too empty nor too full.

For more information or to schedule private classes,
contact **Stephanie Vestal at 296-3995**