

# Gentle Beginning Yoga

for Men and Women at St. Paul's on the Green, Norwalk



## “Flexible Fridays” and “Yoga n’ Things”

**Beginners are welcome at every class!**

**Have you wanted to try a yoga class, but feel you don't have the flexibility or coordination?**

**“Yoga n’ Things” & “Flexible Fridays” are for YOU!**

### Early-Fall Class Schedule:

**“Flexible Fridays”**—Fridays, 2:00-3:00pm  
Sept. 29th; Oct. 6th, 13th, & 27th

In the Parish Hall, under the church  
\$10 suggested donation per class

An enjoyable hour of gentle stretching to loosen tight muscles & gain flexibility in the joints. Especially good for the lower back, shoulders, hips, & neck, areas where we hold tension. Relax & stretch away stress. We'll tone the core of the body to improve posture and balance.

**“Yoga n’ Things”**—Saturdays, 10:30am-Noon  
Oct. 7th, 14th\* (TBA), & 28th

In the Parish Hall, under the church  
\$10 suggested donation per class

An hour-and-a-half gentle mixture of Hatha Yoga, Qigong, & other movement traditions to keep the body toned, relaxed, & ready for meditation & spiritual teachings from many world cultures. Featured is a “rest period” with soothing guided meditation and music.

For both classes, bring a yoga mat and small pillow for sitting comfort.  
No prior experience necessary, but an ability to sit and lie down on the floor is important.



**St. Paul's on the Green**  
60 East Avenue, Norwalk

Please RSVP with instructor  
Audrey Cozzarin:  
[cozzarin@snet.net](mailto:cozzarin@snet.net)

**Namaste!**