

Yoga with Justin @ Ridgefield

Yoga is an ancient art that helps you achieve union of mind, body, and spirit. Anyone regardless of gender, physical condition, and age, can practice Yoga and reap the benefits of physical and spiritual well-being. **Just start as you are!**

Flexibility

Strength

Justin Chien teaches a combination of Hatha Yoga and Raja Yoga. It is designed to integrate body, mind, and spirit in accordance with the ancient tradition and practice of Yoga. Through various techniques such as practicing postures, breathing, and meditation, one can improve his/her flexibility and strength. **It is a terrific complement to your existing fitness routine and daily activities!**

Justin Chien is also certified by the **international renowned author/expert Kit Laughlin** through his Stretch Teacher Training. It is based on Kit's two best-selling books: "Stretching & Flexibility" and "Overcome Neck & Back Pain". **By stretching effectively, your strength and flexibility can be built collectively.**



Classes are held with a group of students to explore the benefits of Yoga practice together. Variations of the poses are introduced based on the individual's needs. Students can focus on the proper alignment of each pose and experience the holistic benefits from practicing Yoga. More variations of the poses are gradually introduced. **Some classes noted (Flexibility/Strength) in the schedule are dedicated to applying more focus on effective flexibility and stretch techniques to condition and strengthen ourselves.** These classes are beneficial for our Yoga practice, fitness needs, and everyday life.

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| ❖ 9/5/16 (No Class) | ❖ 10/3/16 (Flexibility/Strength) | ❖ 11/7/16 (Flexibility/Strength) |
| ❖ 9/12/16 | ❖ 10/10/16 (No Class) | ❖ 11/14/16 |
| ❖ 9/19/16 | ❖ 10/17/16 (Free Class!) | ❖ 11/21/16 |
| ❖ 9/26/16 | ❖ 10/24/16 | ❖ 11/28/16 |
| | ❖ 10/31/16 | |

Date: Every Monday (Please see website for the latest update.)

Time: 6:30pm–7:45pm (75 minutes)

Price: \$130 for all 10 classes (\$13 per class). \$15 per class for drop-in. Drop-ins welcome!

Locations: Ridgefield Recreational Hall, 10 Ridgefield Circle, Clinton, MA 01510

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