

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.

Final Season – One Month Only! Monday Night Yoga at Ridgefield for Summer 2017

"Thank you very much for your support for the past 12 years! I started the Monday Night Yoga at Ridgefield since June, 2005. What a rewarding journey! It is truly a privilege to facilitate your Yoga practice. What an honor to offer the opportunity for all of us to take a better care of ourselves and to grow together. You are an inspiration to me every single week for 12 years!" -Justin

Date: 6/5/17, 6/12/17, 6/19/17, and 6/26/17 (the final class)

Time: 6:30pm–7:45pm (75 minutes)

Price: \$52 for all 4 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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