



STAFFORD HILLS CLUB



Yoga Workshop Series

Cultivating tools for optimal well-being

Join Sherri for this series of 3 workshops that focus on Yoga as a tool for cultivating optimal well-being for the whole mind/body system. Although the workshops will build upon a theme across all three, students can choose to come just once and still have a well-rounded experience.

METTA WORKSHOP

Saturday May 20th 1:30-4:00pm

This workshop will explore the transformative, beneficial energy that arises from Loving-Kindness (metta) practice and how to apply it as part of a moving meditation with Hatha Yoga. This class encourages students to let go of the fear and anxiety while cultivating ease, happiness, and a feeling of friendliness towards the body.

ABUNDANT GRATITUDE WORKSHOP

Saturday June 17th 1:30-4:00pm

Studies released show how practicing gratitude can enhance mental and physical well-being. Explore a practice to enrich and support your life using movement, journaling, and meditation to investigate different ways to access gratitude.

GENEROUS COMPASSION WORKSHOP

Saturday July 15th 1:30-4:00pm

Happiness, compassion, kindness, and generosity create a strong foundation for optimal well-being. We will use gentle Yoga movements, meditation, and journaling to explore this practice.

PRICES

3 Workshop Series

\$110/Member

\$130/Guest

Single Workshop

\$40/Member

\$50/Guest

LOCATION

Yoga Studio

INSTRUCTOR

Sherri Koehler, E-RYT 500

REGISTER

Sign up today on the Stafford Hills App or by contacting the Front Desk.