

# Hollis YOGA

*The Om Studio for wellness,  
yoga and community*

Hollis YOGA, for wellness, yoga and community

3 Hollis Village Marketplace,

PO Box 344

Hollis, NH 03049

(603) 617- 4955 [www.hollisyoga.com](http://www.hollisyoga.com)

# Meditation & Relaxation



## SUNDAY WORKSHOP — SEPTEMBER 28, 2008

### MEDITATION & RELAXATION WORKSHOP:

- SEPTEMBER 28, 2008 — 4:00PM -- 5:30PM
- \$15 PER PERSON
- LED BY: HANNA DiSTEFANO, CERTIFIED YOGA INSTRUCTOR
- PRE-REGISTRATION REQUIRED (603) 617- 4955
- OR SEND E-MAIL [info@hollisyoga.com](mailto:info@hollisyoga.com)

Hollis YOGA brings MEDITATION to our local community!! Learn to stay calm ..... Discover what meditation is, why do it, how to do it and what it's benefits are. In this class you will experience gentle movement, a guided meditation, a timed "silent" meditation followed by a deep relaxation. No experience is required. Dress comfortably and eat lightly prior to class.

Hanna DiStefano, RYT is a certified Kripalu and Kundalini yoga teacher registered with the Yoga Alliance and a member of the International Association of Yoga Therapists. She has been practicing yoga and meditation for 35 years. She is interested in holistic living, energy healing, the mind/body connection, and how the ancient science of yoga can relieve the woes of modern living.

No need to be a Hollis Yoga studio member. To find out more about our studio and schedule of classes, visit us at: <http://www.hollisyoga.com>. Hollis Yoga, is a resident owned yoga studio – located near Hollis center, right off of route 130, in the Hollis Village Marketplace.