

Kim's Yoga Classes

Yoga Inspired Movement

Location: Almonte Clubhouse - 105 Wisteria Way, Mill Valley, CA



Kim offers a mixed level class and encourages each student to tune into their own needs, as well as the group energy. She supports each individual toward the exploration of his/her own inner wisdom, guidance and self-creativity. In Kim's classes the focus is to invite students to practice yoga-based movement in a safe, clear way. There is more emphasis on the actions of each movement and pose versus the outcome or end result. In class, students practice embodiment through movement by combining stretching and strengthening to bridge the concepts of fitness, yoga and creative flow. We begin by inviting the body to move with the breath and move into forward bends, hip openers, backbends, twists, core strengthening, arm balances and/or inversions.

Fall Classes

Come join our warm hearted community

Wednesdays from 9:00 - 10:45 AM

Please check website for class schedule and cancellation updates

Class Rate: \$20

In the near future will be starting special small group classes to meet at the newly remodeled Symmetry of Movement studio

Kim Holmes has over 20 years of experience in the movement therapy and bodywork fields and loves to share what she has learned! Her goal for all students on the healing path is to encourage an opening of the heart while staying grounded.



Website: www.symmetryofmovement.com
Questions: symmetryofmovement@gmail.com

Parking is available in the lot next to the clubhouse or down the hill along Almonte. Please do not block driveways.