

December  
2009

# 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 forwards bends, hip openers, backbend, twists, core strengthening, arm balances and/or inversions.

**Last 2009 classes!!!**

**Wednesdays from 9:00 - 10:45 AM**

Invite in the new year by illuminating your inner guidance to help unfold your truest nature.

**We will celebrate winter solstice through deepening your practice by:**

**December 2 - Enhancing awareness into the base centers**

**December 9 - Exploring new creative vibrations within**

**December 16 - Experiencing the dance of life**

**No class on December 23 & 30**

**Happy Holidays!**

Kim Holmes has over 18 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.

**Coming soon...special class series and day-long retreat**

Please check the website for updates on classes and workshops: [www.symmetryofmovement.com](http://www.symmetryofmovement.com)

Questions: [symmetryofmovement@gmail.com](mailto:symmetryofmovement@gmail.com)