

February
2010

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.

Synchronize Your Body with the Elements Through Movement

Wednesdays from 9:00 - 10:45 AM

Class Rate: \$20

February 3 - Earth - Grounding Your Nervous System

February 10 - Water - Moving the Fluids in Your Body

February 17 - Fire - Directing Your Strength

February 24 - Air - Feeling Your Own Pulse

Happy Valentine's Day!

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

Questions: symmetryofmovement@gmail.com

Parking is available on the street. Please do not block driveways.