

July  
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.

**CELEBRATE AND BE FREE!**

**Come join our warm hearted community**

**July Special Class Time**

**Wednesdays from 9:00 - 10:30 AM**

**Class Rate: \$15**

**July 14 - Be Present**

**July 21 - Feel Alive**

**July 28 - Find Freedom**

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.

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)