



Move Your body, Still Your Mind

6 Sessions Gentle Energy Yoga Series



Discover how you can:

- ✓ increase *energy* and *flexibility* naturally
- ✓ reduce *stress* and anchor your intentions while relaxing
- ✓ develop *concentration* and clarity of mind



In these classes we welcome all levels of fitness. Easy instructions will guide you through an inspiring set of postures that go beyond physical exercise to develop calm and evenness of mind on the mat as well as in life.

When: Wednesdays 6-7.15 pm

Next: Feb 24th, March 3rd, March 17th,
March 24th, April 14th, April 21st.

Where: Central Merritt Island.

Fee: \$10 dropin or \$50 for series of 6 classes.

Seats limited. Please call for registration and details:

Dr. Anne-Marie Derouault 321 431 5054 or email

annmaryd@earthlink.net. Visit www.CoachYoga.com

Dr. Anne-Marie Derouault, Emergence Resources, has been practicing yoga and meditation for over 20 years. She is certified in Amrit Yoga™, Kripalu Yoga and Amrit Method™ of Yoga Nidra.

Anne-Marie is passionate about helping others live their lives to the fullest.

She also offers consulting and coaching internationally on Time optimization, Stress Reduction, Communication and Leadership. She holds a PhD in Computer Linguistics and a Masters degree in Psychology from Paris University, France.