

Move Better. Feel Stronger. Live Freely.

STARTING JUNE 17TH

EVENING CLASS FOCUS HEART COHERENCE YOGA & MEDITATION WEDNESDAYS ▪ 5:30–6:30 PM JUNE THROUGH SUMMER

Join Mariann (*Selphica*) for a deeply nourishing evening practice designed to help you reconnect to the wisdom of your heart, calm the nervous system, and restore inner balance.

This gentle all-levels class weaves together:

- Heart-centered yoga movement
- Guided meditation
- Breathwork & relaxation techniques
- Sound healing with vibration and tone to help support the nerves system.
- Practices for emotional balance and stress reduction

MORNING CLASS FOCUS

FUNCTIONAL STRENGTH
& MOBILITY YOGA
WEDNESDAYS ▪ 8:00–9:00 AM
JUNE THROUGH SUMMER

Come join Mariann (*Selphica*) for an energizing yoga class designed to build strength, improve mobility, and support the body you move through life with. **This energizing yoga class is designed to enhance the key muscle groups and movement patterns used in:**

- Running
- Biking
- Weight Training
- Everyday Movement & Active Living



Strongheart Center
2700 Strongheart Way, Peshawbestown
Telephone: 231-534-7456

