***MOON AURA Yoga and Sound Therapy***

***At The Woman’s Club of Albany***

***725 Madison Avenue***

***This all level yoga class will develop flexibility, strength and balance with a special emphasis on nurturing your chakras and bringing awareness to your life force energy through meditation, asana (physical postures), pranayama (breath awareness), and crystal bowls/pyramids. You’ll leave feeling relaxed, rejuvenated, and at peace!***

***\*\*\** EVERY CLASS offered incorporates sound therapy!**

**Please bring a Yoga mat and a towel/blanket. Men are also welcome!**

**Yoga Classes taught by Cheryl Beckmann-E-RYT - Yoga Alliance over 400 hours of training**

**Crystal Bowls played by Cheryl & Crystal Bowl band-Val, Mike, Shelley, Jess, Cathy, Lisa Jane**

**Native American Flute played by Cheryl**

**DATES:**

**OCTOBER:**

**Thursdays at 5:45 pm: 10/26 Gentle Flow**

**Saturdays at 9:15 am: 10/28 Yoga & Sound Therapy and/or live music**

**NOVEMBER:**

**Thursdays at 5:45 pm: 11/9, 11/16, 11/30 Gentle Flow**

**Saturdays at 9:15 am: 11/4, 11/11, 11/18, 11/25 Yoga & Sound Therapy and/or live music**

**DECEMBER:**

**Thursdays at 5:45 pm: 12/14, 12/21, 12/28 (12/28 maybe) Gentle Flow**

**Saturdays at 9:15 am: 12/9, 12/16, 12/23, 12/30 (12/30 maybe) Yoga & Sound Therapy/music**

**JANUARY:**

**Thursdays at 5:45 pm: 1/ 4, 1/11, 1/18, 1/25 Gentle Flow**

**Saturdays at 9:15 am: 1/6, 1/13, 1/20, 1/27 Yoga & Sound Therapy/live music**

**Also Gentle Flow will be returning on Thursdays (beginning 10/19) at 5:45 by donation!!!!**

 **COST: Members/students/teachers: $10 drop-in 10 class card $85.00**

 **Non-members: $15 drop-in 10 class card $120.**

**Nov. 3rd- Crystal Bowl Meditation-Jai Albany-7:30 pm Tangerine Quartz**

**Nov. 10th-Crystal Bowl Meditation-Good Karma-7:00 Smokey/citrine**

**Dec. 3rd-Crystal Bowl Meditation-Jai Albany-7:30 pm Crystal TBA**

**Consider becoming a WCA member--$85/year (cards only good for the Woman’s Club)**

**\*\*\*The Woman**’**s Club is not yet handicapped accessible.**

 **Questions? Email:** info@allenergyhealing.com **Or see our website: www.allenergyhealing.com**