

Shugendo Yoga Classes

www.shugendoyoga.com

Shugendo Yoga is a healing and spiritual based yoga designed to enlighten and heal the body. Unlike the harder core stretching yoga commercially practiced it adapts postures (which is only 1/5 of the practice) to the ability of the person. Utilizing the knowledge of the energetic body it includes chi kung, mantra, asana, meditation and hands on healing into each session to produce a fresh, rejuvenated and balanced individual. Age 14 and older.

Shugendo Yoga is ideal for beginners to advanced yoga practitioners of every shape, age, and gender. Shugendo Yoga is the latest and most influential yoga style now being introduced to the Amherst, NH area, not only acknowledged by the World Yoga Hall of Fame but appearing in "Inner Tapestry" magazine, "Connections Scotland" magazine, and "Martial Arts International" magazine with feature articles.

Where: NIA NH and Yoga, Cobblestone Corner, 76 Route 101A, Amherst, NH, 03031. <http://nianhandyoga.com>

When: Beginning, Tuesday March 15, 2011 and continuing every Tuesday thereafter. 7:15pm- 8:15pm

Cost: \$15 per drop in or \$10 per class payment of 4 consecutive classes (\$40).

What to bring: Wear loose comfortable workout clothes, bring a yoga mat and mala (108, 54, or 27 bead suggested. Simple malas will be available for purchase before each class.), meditation cushion optional.



Taught by Shugendo Yoga Master and founder, Chris Bashaw, RN

The perfect Yoga for everyone wishing to bring health and harmony into their life!

Nia NH and Yoga

