



3609 Roosevelt Rd.
Kenosha, WI

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www.yogainmind.com
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Sturtevant Community

Hatha Yoga Basics

Teacher: Pamela Grubb LSW, E-RYT 500, C-IAYT
Master Yoga Teacher & Certified Yoga Therapist

Thursday 6 – 7:15 pm

April 11, 18, 25

Classes being held at: Sturtevant Village Hall,
2801 89th St, Sturtevant

- Learn yoga fundamentals in a supportive slow paced class
- Focus on proper alignment to improve posture and range of motion
- Work on breathing techniques to decrease dull aches and pains
- Learn relaxation and meditation techniques with breath awareness
- Find therapeutic solutions for health and healing
- Increase mental and emotional well-being

Fee: \$40 Register on line at www.yogainmind.com, cash or checks payable to Mindful Yoga / Drop In \$18
Bring a yoga mat, blanket, and small throw pillow (blocks and straps optional)

**Journey with us to learn how to heal your mind and our body
3 week class for those who like to keep it basic**

Open to those living outside Sturtevant



Pamela Grubb LSW, MSW, E-RYT 500, C-IAYT is the owner of Mindful Yoga in Kenosha, WI. She teaches therapeutic hatha yoga classes, private sessions, workshops, and retreats. She also teaches Yoga and Meditation at the UW Parkside. A background as a clinical social worker in rehabilitation medicine she infuses yoga classes with solutions for health and healing. Known for her relaxed style she helps students learn to heal, create an improved self, and build a strong foundation that emphasizes proper breathing and alignment for everyday living.