Yoga for Healthy Aging
with Kate Marvel of Coastal Yoga Therapy

series begins Thursday, September 21 | 9:30 to 10:45am
Unity Spiritual Center of Bellingham | 1095 Telegraph Road

09/21 the feet as foundation
09/28 the sacred sacrum and the intelligence of the legs
10/5 building healthy joints thru muscular balance
10/12 core balance and pelvis potential
10/26 how to decompress the spine
11/2 bringing light to dark areas of the body
11/9 exploring the importance of balance
11/16 training in stillness

**Unity members** | $85 for the series or $12 drop-in
**Community** | $95 for the series or $15 drop-in

Preregistration is encouraged. Checks can be mailed to Coastal Yoga Therapy, 1313 E Maple St., Suite 106, Bellingham, WA 98225 or you can pay by Paypal at www.coastalyogatherapy.com.