

YOGA

at Aikifarms 860-536-6407

Pain reduction
Healing & Rejuvenation
Stress release
Focus & Concentration
Serenity
Meditation



Where: Aiki Farms
769 Shewville Road, Ledyard, CT 06339

When: Every Wednesday 9:30-10:30 AM

Kana Kubota has completed 200 hours yoga teacher training with Yogaworks in NYC. She has also taught music and dance for all her life.

Hatha Yoga is an asana (pose) based yoga, that will give solid foundation and deep understanding of your body. Get re-aquainted with your own body. Find new awareness in your life. *This is a very gentle, beginner friendly class.* Even if you feel tight and stiff, props can help you to gradually open up. We can all learn at our own pace.