

# Gentle Yoga - Mondays 11am

Transformation Training Center

429 Naugatuck Ave, Milford, Ct

203-522-2636

## THE GOAL OF YOGA

(No, it's not the Handstand).

The yoga pose is not the goal. Becoming flexible is not the goal. Standing on your hands is not the goal.

The goal is to create space where you were once stuck. To unveil the layers of protection you've built around your heart. To appreciate your body and become aware of the mind and the noise it creates.

To make peace with who you are.

The goal is to love, well... You.

Come to your yoga mat to feel; not to accomplish. Shift your focus and your heart will grow.

-Rachel Brathen-

**Andrea Cashman - Certifications**

**500 hr Kripalu Yoga Teacher**

**Y12SR - Yoga for 12 Step Recovery**

**Let Your Yoga Dance**

**Ayurvedic Yoga Specialist**



- Gentle Yoga & Meditation for all levels
- Followed by refreshment and compassionate sharing circle
- Using chairs as needed
- Modifications for all abilities
- Challenging poses for those who wish
- Meditation instruction of differing techniques
- \$8 heartfelt donation; scholarships available - please inquire
- 11am-12pm Yoga, 12-12:30 discussion (one or both)