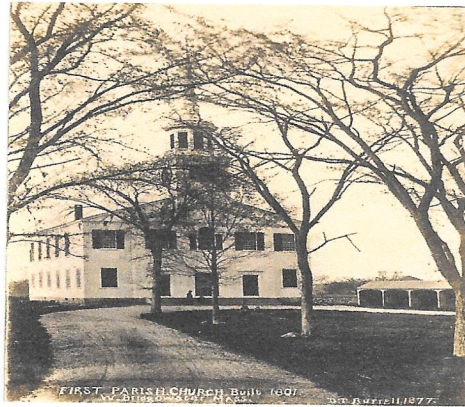


First Church West Bridgewater



29 Howard Street

Yoga

Wed. 6 – 7

Instructor **Kathy Milan** is a retired physical education and health teacher who became interested in yoga about 12 years ago. In 2011 she completed a 200 hour certification program at Eyes of World with Tom Gillette and Shauna Green. She has taken workshops on Yin yoga with Josh Summers and anatomy with Ed Cardinal and Grace Jull. She is always interested in learning more and passing it on to others on their mat. Her motto is 'something for everyone, all you need is your breath.'

Qi Gong

Thurs. 6:30-7:30

Qi Gong is an approach to using energy (life force) to heal issues within. We call it Pranna in yoga. Native Americans call it Ni. In our practice of Qi Gong we get in static postures to sense and circulate this energy. Many studies have shown it to be beneficial to body health and enjoyment.

Teacher **Mike Showstack** is a 30 year student of Grandmaster Yon Lee. He has taught at Brandeis, Harvard, and multiple Senior Centers on the South Shore. He is the Director of South Shore WU Li Academy in Middleboro.

Donations \$ 8 per session