



Joyful Wellness Yoga Events

Bring Joyful Wellness Yoga Classes and Events to Your Community!

Experience the joy of yoga as a way to stretch and strengthen your body, center your mind, and rejuvenate your spirit! This event includes a beautifully designed 75-minute yoga class held on your community grounds on a weekly, bi-weekly or single event basis. Number of guests per class - unlimited. All levels, shapes and sizes are welcome as well!

Sample Yoga Event - Revitalize Your Saturday Morning with Joyful Wellness Yoga!

Join experienced Yoga Teacher and Therapist, Beth McCarthy, for a revitalizing yoga session. Awaken your body, mind, and spirit with a beautifully crafted practice.

Whether you are looking to build strength, increase flexibility, learn new ways to destress, meet new friends, try yoga for the first time, deepen your practice, or simply relax and unwind, Beth has you covered! All you need to do is show up, breathe, smile, and be a part of the community.

Highlights

- Intention-Setting Practice
- Uplifting Warming, Flowing, and Static Sequences
- Gentle Low-Lying Stretches
- Transformational Guided Meditation
- Mindful Reflection and Deep Relaxation
- Community connection

Chat with Beth after class, learn more about Joyful Wellness, receive an inspirational hand-out as a gift to to jumpstart a successful week ahead, and take home a very yummy organic, gluten-free breakfast treat prepared by Chef Beth herself! Don't miss the chance to be a part of the community, connect with like-minded individuals, and grow your health.

Please R.S.V.P. See you there!

To learn more, and to book a Joyful Wellness Yoga Event, please visit:
joyfulwellnesswithbeth.com 719-440-2815.

