

YogaPsych Health LLC

The Union of Yoga and Psychotherapy

Shal-Om ☺ YOGA

Wednesdays

Starting on 9/9/2015

**6pm to
7:15pm**



Price:

\$20 for both members and non-members

Location:

Temple Beth El
Stamford, CT
www.tbe.org

Shal-Om Yoga is a gentle Vinyassa (flow) of Yoga that encompasses all aspects of the mind, body and spirit. It flows from one pose to the next in a fluidity of movement that will keep your heart rate elevated and reduce muscle stiffness as well. There is a strong meditative and spiritual element to the class and within the movement in order to bring about a more peaceful existence. The goal of Yoga is to calm down your nervous system so that you can experience Shalom (peace) in your every day lives. We hope to see you there! For more information, contact **Pamela Tinkham** at pamelatinkham@gmail.com or visit the *YogaPsychHealth LLC* website at www.YogaPsychHealth.com.

All religious orientations are welcome.

Thank you and Namaste (The Divine Light in me honors the Divine Light in you),
Pamela ♥

Mission Statement

To encompass a spiritual awareness within the physical body that will enable us to open to greater love and possibilities.



"Change your mind, change your life!"

Pamela Tinkham, MSW, LCSW is a Yoga Psychotherapist specializing in depression, anxiety and relationship issues. She is the owner of YogaPsych Health LLC and practices out of North Stamford, CT. For more information, please call (203) 621-0242 or go to YogaPsychHealth.com.