



Serpent Yoga

*Yoga for Strength
of the Whole Being*

with Marya Bradley

Mondays at 6:30 pm

Drop-ins and packages welcomed.

In this time of change and all its uncertainties, are you seeking for a deeper connection to your source of strength and spiritual resilience? Would you like to feel, act and move more steadily from the calm center of your being? You are invited to a practice intended to help you in this quest.

This practice is inspired by the serpent's perfect balance of suppleness and strength, deep stillness and purposeful motion, keen awareness and efficient concentration of energy.

By a rigorous and focused practice of asana, pranayama and banda, we will work to cultivate greater strength, fluidity, discipline and awareness of both our outer and inner being.

As the class will be fairly demanding, it is not recommended for beginners or those with serious injuries or illnesses. Level 3-4.

