

# deep stretch

thu 7:30-8:45 pm

drop in \$14 or use your class card

## yoga, increased flexibility, reduced stress

A great class for most people that would like to **increase energy & vitality, as well as increase relaxation and reduce tension** from either mental or physical overwork.

Suited for anyone, from **athletes that want to add stretching and reduce injuries, to the beginners who have not done yoga prior**. You are encouraged to **work at your own pace and comfort level**.

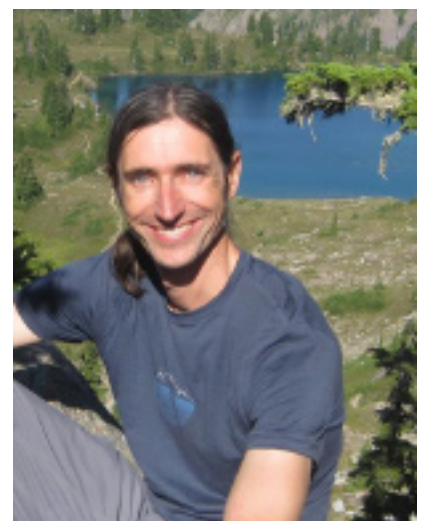
*"I feel drawn to teach Deep Stretch because my body is NOT naturally flexible. When I started yoga, touching my toes was a distant goal. While that has changed, the lessons along the journey have deepened my life path. I have found that only once I was compassionate to my body, earning trust through an open hearted and playful approach, did it open into a fuller range of motion. I welcome you to join me in our non-judgmental yoga space for your own exploration."*

*All welcome, unless you have severe mobility challenges (call first).*

### Eugene Lewins

Eugene's passion is movement, preferably outdoors, and supporting others in their activity of choice. Eugene has been teaching yoga for twelve years, studying with Indian yoga master Aadil Palkhivala and Yoga Journal's anatomy expert Julie Gudemestad. He works as a massage therapist and leads climbs for the largest mountaineering organization in Oregon.

For more about Eugene, see his website [yogawitheugene.com](http://yogawitheugene.com)



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