



# Mindful Turtle Yoga & Wellness

www.mindfulturtle.com • (631) 721-1881  
1111 Route 25A • Stony Brook, NY 11790

## GENTLE YOGA & REFLEXOLOGY



***Come and treat yourself to the healing benefits of Yoga and Reflexology***

This class will consist of two hours of Gentle Yoga with half-hour sessions of Reflexology.

We will begin with gentle yoga stretches, warming and stretching the muscles of the body. As the body begins to open, we integrate soothing, relaxing poses, giving us an opportunity to linger quietly and savor the sweetness within the pose.

Reflexology is a healing therapy that applies gentle pressure to the feet. It is a technique based on the principle that there are reflex points in the feet which correspond to every part of the body. Through massage and stimulation, nerve endings are stimulated which aid in the healing of the body.

Reflexology treatments will be given every half-hour.

Saturday, November 28<sup>th</sup>, 2009 from 1:00 to 3:00 pm  
\$60 for Yoga & Reflexology (limited to 5 people)  
or \$30 for Yoga Only