

Yoga as Lifestyle Medicine: A Prescription for Healthy Living

Thursday, February 8th 2024

10:00 am until 3:00pm

To all “students”:

As a true teacher, I send heartfelt appreciation for your desire to explore the realms of well-being and invite you to come with curiosity, to ask questions and engage as deeply as you wish.

Please set up your viewing and “practice” space in advance, with props if you have them: pillows, a yoga block or Kleenex box, a yoga mat or large towel. Having pen and paper by your side would be a very good idea.

All practices will be offered with a wide range of options, and you must promise to practice well within your comfort zone. Although sitting on a chair with a straight back might be best, some of my happiest students rely upon their Lazyboys and sofas for many of the exercises.

If you have specific questions in advance, feel free to send them to me at lindalang@theopen-door.com

Remembering that we all come to class with “beginner’s mind,” I look forward to meeting you on Thursday, knowing that I have much to learn from *you*, too.

With grace and good wishes,

Linda Lang