



Healing Yoga with Marie  
beginning Feb. 8, 2023  
Birmingham Yoga  
605 37th St S, Birmingham, AL 35222  
Wednesdays, 10 – 11:15am  
\$15/class\*

Tap into your strength, flexibility, and balance with slow and subtle movement. Directly observe your experience of breath and changing sensation with a meditative flow. Heighten your body awareness and skill improving posture, unlearning bad habits, and restoring vitality with creative yoga sequences. Experience the rejuvenating effects of myofascial release (MFR) using blocks, balls, and blankets to hydrate the tissues and improve circulation.

\*Payment by Venmo @Marie-Blair-2, check made payable to Marie Blair Yoga, or cash.