



MOEBIUSYOGA & AYURVEDA at The Prana Studio

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September 12 – Nov 02, 2017 with Hannelore Moebius

	Day	Time	
Tuesday morning	9 ¹⁵ - 10 ³⁰ AM	Gentle Therapeutic Yoga	Sept 12
Tuesday evening	5 ¹⁵ - 6 ³⁰ PM	Mixed level Yoga	Sept 12
Wednesday evening	5 ¹⁵ - 6 ³⁰ PM	Mixed level Yoga	Sept 13
Thursday morning	9 ¹⁵ - 10 ³⁰ AM	Mixed level Yoga	Sept 14
Thursday morning	11 ⁰⁰ - 12 ¹⁵ AM	Gentle Therapeutic Yoga	Sept 14
Thursday evening	5 ¹⁵ - 6 ³⁰ PM	Mixed level Yoga	Sept 14
Tuesday evening	6 ⁴⁵ - 8 ⁰⁰ PM	<i>Reiki Clinic</i> Please, sign up! Free!	Sept 26
Thu afternoon	3 ¹⁵ - 4 ⁴⁵ PM	<i>Reiki Clinic</i> Please, sign up! Free!	Oct 26
Saturday	10 ⁰⁰ - 5 ⁰⁰ PM	Reiki I Training	Nov 18
Saturday	10 ⁰⁰ - 5 ⁰⁰ PM	Reiki II Training	Dec 02

MOEBIUSYOGA facilitates **physical** wellness, **psychological** balance, and **spiritual** awakening through deep listening, mindfulness practice; combining the Ancient Wisdom of YOGA & AYURVEDA:

Practice YOGA ASANAS, PRANAYAMA, MEDITATION, and YOGA-NIDRA – Deep Relaxation; MARMA CHIKITSA

Acupressure Point Massage, MANTRAS – Healing Sounds from the Sutras, MUDRAS - Healing Hand Gestures

Attune to the sound of CRYSTAL & TIBETAN BOWLS for TRANSFORMATION & HEALING in Body, Mind & Spirit.

Hannelore Moebius, ERYT500, is a Yoga Therapist and Ayurvedic Practitioner, who graduated from the Ayurvedic Institute's ASP2.

8-week session: \$96; Single class: \$15 – call or email before you come!

Private Session with Ayurvedic Life-style consultation for 1 ½ hour: \$135, Follow-up: \$60

Private Yoga Therapy Session for 1 hour: \$75; 1 ½ hour: \$95.

Reiki I Training \$150 • Reiki II Training \$300

Advanced registration is required. You may join any time during the term, if space is available; your course will be prorated.

The Prana Studio is provider for NH-HEALTH TRUST and USNH WELLNESS CONNECTION PROGRAM - CIGNA

For Payments: send a Check to The Prana Studio, 13 Sunnyside Drive, Durham, NH 03824