



MOEBIUSYOGA & AYURVEDA at the Community Church

Phone: 603-206-4548 or 603-553-6076 e-mail: yoga@moebiusyoga.com

May 29 – July 26, 2018 with Hannelore Moebius
NO Classes during the Week of Independence Day!

Day	Time		Start
Tuesday evening	5 ⁰⁰ - 6 ¹⁵ PM	Mixed level Yoga	May 29
Wednesday evening	5 ⁰⁰ - 6 ¹⁵ PM	Mixed level Yoga	May 30
Thursday morning	9 ¹⁵ - 10 ³⁰ AM	Mixed level Yoga	May 31
Thursday morning	10 ⁴⁵ - 12 ⁰⁰ AM	Therapeutic Yoga for healthy joints	May 31
Tuesday	3 ⁴⁵ - 4 ⁴⁵ PM	Make-Up Yoga Class for therapeutic and all Yoga classes (free)	May 29
Tuesday	3 ⁴⁵ - 4 ⁴⁵ PM	Reiki Clinic & Practice	June 05 & July 10
Thursday	10 ⁰⁰ - 4 ⁰⁰ PM	Reiki Master Training starts	August 30

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

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

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

Private Session with Ayurvedic Life-style consultation for 1 ½ hour: \$150, Follow-up: \$75

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

Reiki I Training \$150 • Reiki II Training \$300 • Reiki Master \$1,008 • Reiki Master Teacher Training \$1,008

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

MoebiusYoga is provider for NH-HEALTH TRUST and USNH WELLNESS CONNECTION PROGRAM - CIGNA

For Payments: Bring a Check to class! We will be working with Pay-Pal again soon!