



HERMITAGE FARM
CENTER FOR HEALING
YOGA FOR CULTIVATING JOY

6415 West River Road NW
Rochester, MN 55901
(507) 281-2791
www.hermitagefarm.org

Yoga for Cultivating Joy is a series of classes conceived of and created to uplift, re-invigorate and connect us again with our inner child. Our natural state is one joy and contentment. This class is to remind us of that feeling. The in-class practices will be drawn from Chair Yoga, Yin Yoga, Restorative Yoga and Eden Energy Medicine traditions. All classes will be open and welcoming to yoga students of all backgrounds. No prior experience necessary.

Classes for 2020

Location: Hermitage Farm Center for Healing, Integrative Health Clinic

Dates: Wednesday, March 18th: 7:00-8:30 PM
Wednesday, April 15th: 7:00-8:30 PM
Sunday, May 3rd: 7:00-8:30 PM----Pre-Mother's Day Yoga
Wednesday, June 10th: 7:00-8:30 PM

Yoga Instructor: Cassie Slade is a Registered Yoga Teach-200 hours (Yoga Alliance). She is also a Registered Nurse of over 10 years of experience, both inpatient and outpatient practice. She is currently pursuing her Doctorate in Nursing-Family Nurse Practitioner degree at Augsburg University in Minneapolis, Minnesota. She hopes to gain experience teaching yoga while finishing her degree and use that experience with patients in her future Nurse Practitioner Practice. Thank-you for supporting her!

Cost: Free Will Offering. Cassie will sometimes bring supplies to support and maintain your experience of joy after you leave class. Donations are appreciated, though are not necessary to help reimburse the cost of those supplies.