

TORAH YOGA

United Hebrew Congregation will hold an eight week Torah Yoga course held from 9:30 a.m. - 10:30 a.m on Thursdays, beginning January 12, 2012. Classes take place in the Spielberg chapel.

Maxine Mirowitz, RYT (Yoga Alliance Registered Yoga Teacher) teaches the course in a way that makes classes accessible to both beginners and more advanced students. As a Holistic Yoga Teacher, Maxine aims to energize participants' minds and bodies to revitalize emotional and physical well-being. She has developed a series of postures that flow together to warm the body and work the heart. By linking movement and breath, you stretch, and strengthen your muscles while developing stamina, coordination, and confidence.

The cost is \$50 (\$40 for UH members) for the sessions.

Participants should bring a mat.

To register, call Marsha in the office at 314-469-0700.