

Gentle Yoga Class Series at Littleton Regional Healthcare

by Stacey Doll, owner of Rooted by Stacey, LLC



This gentle yoga class is for anyone interested in yoga, whether you are a beginner or a seasoned student. Class will include seated meditation, breath work, and exploration of yoga postures to reduce stress and increase body awareness, flexibility and strength. Please bring your own Yoga mat to class.

Classes will be held on Mondays from 5:30 – 6:30 pm beginning Monday, February 5th – Monday, March 26th for an 8-week session.

The second session will begin on Monday, April 2nd – Monday, May 21st.

The classes are held in the LRH Medical Office Building on the lower level. Please take elevator to LL and the room will be just to the left of the elevator.

To register, please call Stacey at (603) 726-0654 or send an email to stacey@rootedbystacey.com. The cost to participate is \$70 per eight-week session. If you would like to try a class, the cost will be \$10. I encourage registration for the full eight-week session as it provides an opportunity to learn a gentle yoga routine.

About Stacey: Stacey Doll, E-RYT200, 500 RYT, was the founder and owner of Root to Bloom Yoga and Wellness Studio in Littleton for four years. She continues to teach classes and workshops at the studio, as well as retreats around the region. In addition to her 500 RYT, She completed several styles of yoga training including Yin Yoga, Rockstar Core Strength Yoga, and Standup Paddleboard Yoga. Stacey has completed her Shamanic Reiki Master Teacher Training which she weaves into her style of yoga, Earth & Sky Yoga, which combines breath work, meditation, and yoga movement with the rhythms and seasons of our natural world.