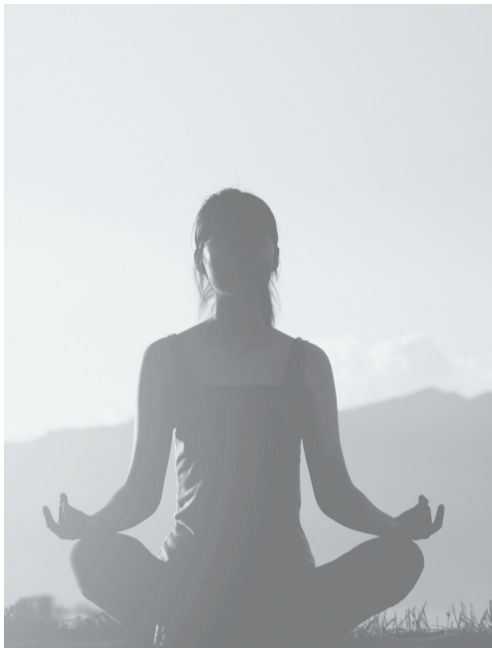


CRA WELLNESS SERIES

# YOGA TALKS

## A Lecture Series with Senior Yoga Instructor Gary Davis

Going beyond just the physical practice of yoga, this series addresses a wide range of subjects. Gary's lecture style is inclusive with an emphasis on encouraging participation from the group.



### **PRACTICE...**

Paths of yoga, different methods of yoga, various forms of practicing, medical benefits

### **PHILOSOPHY...**

Yoga sutras, 8 Limbs of yoga, Lineage, Meditation

### **POSTURE...**

How to be in a pose, breathing, posture mechanics, practicing with injury

*...and much more!*

**Gary Davis** has been practicing and teaching yoga for over 20 years. He also spent 6 years as a yoga teacher trainer with Evolution Yoga. He has taught in yoga studios all over America.

**Tuesday Evenings • February 25 – March 24, 2020**

**6:00–7:30 pm**

**At Mill + Main, A CRA Property  
444 Main Street, Dalton, MA**

**\$50 CRA Members • \$60 Non Members**

For more information, contact Gary Davis  
[fitnesscenter@daltoncra.org](mailto:fitnesscenter@daltoncra.org) • 413-684-0260 x104



**Register at the Community House  
400 Main Street • Dalton, MA 01226 • 413-684-0260 • [daltoncra.org](http://daltoncra.org)**

