

Yoga for New Year's Day

A Special, All-Levels Class with Kathleen Hinge

Saturday, January 1, 2022 • 10:30am–12noon



*"Pay attention to what you do on
New Year's Day, because you'll
be doing it all year long!"*
– Aunt Irene

Join Kathleen for a joyful and healthy start to the New Year. Move with care and attention to your body as it is. Move without expectation, judgment, or demand. Dedicate time on this, the Very First Day of the Year, to practice a quality of Being that will serve you all year long.

Exchange: \$20 • This event is online only.

Pre-registration is recommended.

[REGISTER](#)

Kathleen Conlon Hinge was the founding director of Yoga Shivaya in Tarrytown, NY for 13 years. She is a 500 hr Certified Yoga Teacher, a Reiki Master and a college professor. She has a PH.D in Mechanical Engineering. Kathleen Hinge teaches yoga with the philosophy that growth and flexibility happen only with compassionate acceptance of our bodies as they are. What's more, by practicing compassion for ourselves, our hearts naturally open to greater compassion for others, bringing healing and peace into the world. Her teaching features detailed instruction in safe alignment, informed by kindness and good humor.



Sacred Spirit Yoga and Healing Arts Center

At South Presbyterian Church

343 Broadway, Dobbs Ferry, NY 10522

sacredspityogacenter.org