



Yoga for MS: Developing Your Yoga Practice

Yoga can help alleviate a wide array of symptoms and issues people with MS face, including fatigue, insomnia, pain and inflammation, in addition to helping improve muscle strength, range of motion and balance. But going to a class once a week is not enough. To realize the benefits of yoga in our daily lives, we need to practice at least a few times a week, for as little as 20 minutes.

This six-week course will provide students with the tools they'll need to design their own gentle yoga practice to fit in with their goals and lifestyles, and to target their own symptoms and issues. The course will cover relaxation practices, yoga exercises to strengthen the core and gently build more range of motion in the hips, legs and back, balance poses, and breathing exercises that can be combined and customized to work for all shapes, sizes and degrees of mobility.

This Yoga for MS class is a great resource for anyone who is new to yoga or looking for a sustainable way to create a regular practice. **Things to Bring:** yoga mat, water and 2-3 blankets or pillows for constructive relaxation. Yoga blocks and straps will be provided, and the studio has ballet barres along the walls for balance assistance.

When: Saturdays, November 1, 2014 - December 13, 2014, **10:30 - 11:30 a.m.**
(no class **November 29**, Thanksgiving Weekend)

Where: Form Studio, 3001 Monte Vista Blvd NE, Albuquerque, NM 87106
Free street parking is available.

Register: This class is offered at no cost, though donations will be accepted.
Pre-registration is required for participation. Call or email the instructor, Abby Foster, to register: 505-433-8685, abbyyoga@outlook.com.

Learn more about Abby Foster: abbyyoga.com.