

Gentle Somatic Yoga

Awaken the Possible

James Knight, E-RYT 200, CHSE

September 13–15, 2019

Join James Knight, a pioneer in the field of Yoga and Somatics, for a weekend of restoration and gentle movement. Gentle Somatic Yoga offers immediate and lasting relief from chronic pain and tension.

In this program, you will:

- Increase flexibility, strength, and coordination
- Learn exercises which will return you back to your natural state of peace and well-being
- Learn practical skills that you can incorporate into your classes and home practice

For the general public



7 training hrs

TUITION \$240 + 2 nights accom. \$120–\$320

James is also offering his GSY Practitioner–Level II Certification at Yogaville, Sept. 7–13. Register at GentleSomaticYoga.com.



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Located in central Virginia: 40 mi south of Charlottesville, 75 mi west of Richmond, 150 mi southwest of Washington, DC