

FOUNDATIONS OF YOGA SERIES

**A nourishing blend of empowering strength,
soothing flow, and restorative pauses.**

New or returning to yoga?

Seeking ways to continue to stay active in an aging body?

Have an injury or health condition that prevents you from
doing the things that you love?

Want to deepen your understanding of anatomy,
alignment, and modifications to support your yoga practice?

Curious about how yoga may help pain, sleep,
or emotional regulation?

Join Meredith to learn how to:

- Safely do basic yoga postures with modifications and props
- Cultivate strength and resilience
- Support your body and brain's need for rest and recovery
- Explore practices to help you feel more grounded

Every Saturday in October 1:00–2:30

(Oct 3, 10, 17, 24 & 31)

Location: Grounded Yoga & Movement

Cost \$300 Early Bird (sign up by Sept 19)

\$330 (with payment plan/or after Sept 19)

Cap at 16 students



**Sign up at: GROUNDED YOGA AND MOVEMENT
or SCAN QR**



About Meredith Euensen-Lynch

Meredith teaches to empower
people for their own healing.

Meredith is a retired Occupational
Therapist, with 36 years of
experience serving children and
adults with a wide range of
neurological, orthopedic, and
behavioral needs; Registered Yoga
Teacher 200-hour; Yin Yoga 50-hour;
Level I Relax and Renew Restorative
Yoga Teacher. She completed her
Registered Yoga Teach 500-hour
training in the spring of 2026.



**Start where you are.
Do what you can.**

