

In search of balance

Description:

With Christina Clark, CYI and Kristin Miscall Brown, LCSW, CYI.

Every Friday from January 30th to April 3rd, 2:00 to 3:45 PM at OM Yoga Center in New York City.

This 10-week group, designed for women who struggle with eating problems, will explore the relationship between experiences of the body and the various obstacles to feeling those experiences. Using the yogic concept of mindfulness, participants will draw attention to the relationship between felt experience and the ideas and notions they have about their own bodies. Each group session will include a 15-minute introduction, 45 minutes of yoga practice, and 45 minutes of discussion.

For more information or to reserve a space, please call Kristin Miscall Brown at 646.638.4104.

Total cost: \$150. No previous yoga experience is required.

Address Line 1: OM Yoga Center New York City

Country: USA

State: New York

City: