



acupuncturekitchen

Yoga for Women's Health

with Renee Zensen, CYT

Tuesday evenings at Acupuncture Kitchen

7:00-8:30p.m.

\$15 per session (*package discounts available*)

Discover the unique and empowering approach of using yoga to relax and invite natural solutions to your health obstacles. **Acupuncture Kitchen** invites you to join Renee Zensen as she leads you through a yoga series specifically designed to help women on their path to balanced health. Using specific postures and breathing techniques to open the body from the inside out helps to release tightness in muscle and connective tissue, increase blood flow to your internal organs, and invite the mind and body to stimulate its own healing capacity.

This style of yoga is not intended to be a workout. It's a relaxing evening series that focuses on maintaining homeostasis and increasing energetic flow in the body. This yoga class was adapted specifically to support women on a journey toward wholeness in their general health pursuits. It will reduce stress as well as enhance and support any protocol treatment suggested by your doctor, and is a great supplement to your acupuncture and belly massage treatments.



ABOUT THE INSTRUCTOR

This class is led by Renee Zensen, who attended the renowned "Yoga for Fertility" Teacher Training. Renee has taught and practiced yoga for 10 years in the Bay Area, and brings a light-hearted and scientific approach to her teaching style. She has completed a degree in The Kinesiology of Exercise Science & Human Movement Studies, and was certified to teach yoga at Bikram's Yoga College of India. Renee has a deep knowledge of anatomy and physiology, especially in regard to reproductive health, paired with a passion for teaching women.

RSVP Required by 2:00pm Tuesday

Pre-registration is encouraged as Acupuncture Kitchen can only accommodate a finite group. Pre-payment is required for pre-registration. In the event of cancellation, there is a 25% cancellation fee. The remainder of your payment will be applied to your account as Acupuncture Kitchen credit.

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