

take a deep breath.  
become your practice.

### thepracticeroom

is a center for Resonance Yoga, Movement and Healing. Through the discipline of these practices whole health, healing, and transformation are possible. These classes are appropriate for everyone and all are welcome.

### thepracticeroom

offers Beginner, Level One and Level Two Resonance Yoga classes, as well as classes in Resonance Movement, Pre-Natal and Senior Yoga, and Meditation. Weekend Workshops and Individual sessions are also available.

### christina fortier

is a Resonance Yoga and Movement instructor, Resonance Healing Therapist, and a mother of one. She has been sharing these practices, through teaching and healing work, for over ten years.

Meet your self  
exactly where you  
are with compassion  
and acceptance.  
All are welcome.



The Practice Room  
PO Box 1315  
Meredith, NH 03253

thepracticeroom



center for yoga and healing

### only breath

not christian or jew or muslim, not hindu,  
buddhist, sufi, or zen. not any religion

or cultural system. I am not from the east  
or the west, not out of the ocean or up

from the ground, not natural or ethereal, not  
composed of elements at all. I do not exist,

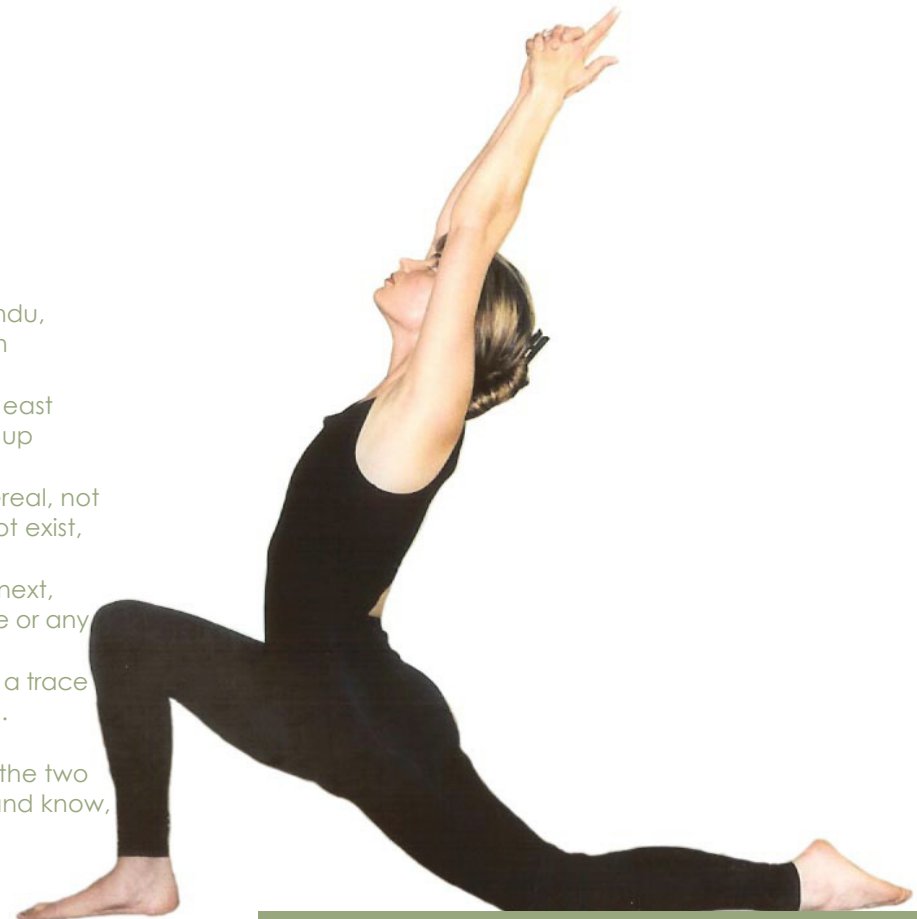
am not an entity in this world or the next,  
did not descend from adam and eve or any

origin story. my place is the placeless, a trace  
of the traceless. neither body or soul.

I belong to the beloved, have seen the two  
worlds as one and that one call to and know,

first, last, outer, inner, only that  
breath breathing human being.

- RUMI



178 DW Highway, Meredith, NH 03253  
603-279-3243

# classes sessions

## beginner yoga

Six week course for those who are new to yoga or would like a refresher. Experience the transformational qualities of the breath in combination with mindfulness and movement. Emphasis on form and technique as well as meditative awareness. Suitable for all ages and physical capabilities.

## resonance yoga: level I

Through conscious breathing and awareness we learn to quiet the mind and become centered in the body. Practice Level I asanas and techniques of the Resonance Yoga posture sequence, gaining physical strength and flexibility, balance, centering ability, mental focus and confidence.

## resonance yoga: level II

Continuation of Level I RY, incorporating more advanced practice of the Level II posture sequence, including Level II pranayama, focus and integration techniques. Previous Level I experience required or approval of instructor.

## resonance movement

A beautiful, healing practice; movements are powerful and flowing. Experience the Resonance of the Stillpoint. Work with arcs of energy and light; practice the Golden Circle Breath and relax into a deep level of communion.

## pre-natal yoga

During this transformational time connect deeply with your changing body and your growing baby in a safe, intimate environment. Find relief from aches and pains, and flow with the internal and external adjustments that pregnancy initiates.

## free meditation

Guided meditations for all levels, beginner to advanced. Slow down, breathe, and connect. Open to students and non-students alike. Change your energy, change the world.

## gentle & senior yoga

Experience the depth and serenity of this slow, deep approach to yoga. Attune to physical sensation and inner awareness; incorporate deep breathing techniques to calm the mind and body and nourish the spirit. Gently increase flexibility, strength, and wellness. Assists such as chairs and cushions provided as needed.

## movement therapy

Work one-on-one in a safe, confidential setting. Address specific issues; listen to your body and heal.

## personal training

Individual training for those who are interested in a personalized learning environment. Also excellent for beginners or those recovering from injury or physical limitations.

# workshops

## Saturdays and Sundays

Call for current workshop topics and dates. Each workshop is designed as a compassionate journey deeper into practice, self awareness and connection. All are welcome.



# schedule

## mondays

free meditation	5:00 pm
beginner yoga	5:30 pm
RY level I	7:00 pm

## tuesdays

all levels	9:30 am
free meditation	5:00 pm
RY level I	5:30 pm
beginner yoga	7:00 pm

## thursdays

all levels	9:30 am
free meditation	5:00 pm
RY level I	5:30 pm
RY level II	7:00 pm

## sundays

beginner yoga	10:30 am
workshops	1:00 pm

# rates

beginners: first class	free
per class	14.
4-class block	50.
6-wk. beginner	65.
8-class block	90.
1 month unlimited	100.
personal training	35.
movement therapy	50.