

# Yoga for Health and Relaxation

Taught by Amanda Sharpe

Wednesdays 2.30 to 3.30 pm

Eden United Church of Christ  
21455 Birch Street  
Hayward, CA 94541

---

## Class Description

This class is suitable for beginning students.

The class will include:

- Guided breathing awareness for relaxation
- Warm-ups to create space and length in the body
- A sequence of yoga poses to improve strength, flexibility, and balance



Amanda Sharpe is a graduate of the Berkeley Yoga Room's 3 year Advanced Studies Program. Her own 11 year practice of yoga inspires her to bring the healthful benefits of this ancient practice to everyone irrespective of age or level of physical fitness.

For more information email Amanda at [nurturing.yoga@comcast.net](mailto:nurturing.yoga@comcast.net)

Or call the church office at (510) 581 - 9533

---