

What is "Living Calm"?

It is a one hour Zoom session. We do some calming breathing practices, some gentle stretches and gentle yoga practises (they can be done sitting on a chair or on a yoga mat), deep relaxation and a couple of interesting readings & chants. We blend in Jewish and other inspiring wellbeing readings.

Who can do it? Everyone! Our group consists of people new to yoga & stretching and strengthening activities, to people with an established practice & people living with very different physical abilities and mobility. We adapt the activities to the needs of the group. Having two yoga teachers present allows us to provide that flexibility.

Why would you join us? It's fun, and enjoyable and calming and gives you some tools to add to your wellbeing tool kit to use during the week – as one of our participants has said 'it is a gift' and another- 'I feel better for days afterwards.'

When is it and how much does it cost? We have two classes. A weekly one on Thursdays from 8.30 - 9.30 a.m. & a fortnightly one on Sundays from 10.00 a.m.-11.00. We have optional schmoozing time before and after each class. The requested payment for the class is \$10.00 & a reduced fee is also an option. Some people just come to Thursday and some on Sundays & a few people come to both – that's keen! Some drop in when they can and that's fine also. We even have interstate members – the joy of Zoom!

Who teaches it & who comes? Pippa Evers and Deb Absler are qualified yoga teachers who specialise in classes for people of all ages and abilities. The participants are a lively bunch of Kedem members and non-members are warmly welcomed.

Check us out in 2022! The Thursday class resumes on Thursday January 13th and the Sunday class on Sunday January 16th. We have a special offer for newcomers in 2022 (first class half price or pay for your first class and attend the second free).

Contact Deb for more details –
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