

Morning Yoga

THIS WEEKEND!
Saturday & Sunday
6:45-7:30 a.m.
Studio A

**No
charge.**



Located in Rosslyn (Arlington, VA), Loving Heart Holistic Wellness was established in 2016. Loving Heart upholds a space that is safe, non-judgmental, and supportive for all. Owner, Kara Simon, is an Experienced-Registered Yoga Instructor through Yoga Alliance (E-RYT 200) a Yoga Alliance Continued Education Practitioner (YACEP), a Certified Usui Shiki Ryoko Reiki II Practitioner, and an EFT Facilitator.

**Advance
sign-up not
required.**

What to Expect & Bring

These morning Yoga sessions will gently wake the body up with Hatha style movement, breathwork, and mindfulness. The class will be accessible for all and led in a trauma-informed, compassionate way.

Please wear comfortable clothing and bring a yoga mat. If being on the floor on a mat does not feel accessible to you, a chair will be provided.