

Community Yoga with Holly

Weekly Classes



CARLISLE ACADEMY
at Spring Creek Farm

Fridays 9-10am

*Location: Carlisle Academy Classroom
65 Drown Lane, Lyman, ME*

Fee \$15 per person
Paid directly to Holly Brooks

Want to improve athletic performance, increase your flexibility, and decrease risk of injury? Join me to explore the practice of yoga together! These classes will give you opportunities to experience your body in new ways through various styles of yoga (including Vinyasa flow, Hatha, Yin, Classical, and Pilates/Yoga fusion).

No experience necessary! These classes are designed for ALL levels of practitioner, from the completely new to the more experienced yogi, there is something for everyone!

Please bring:

- Yoga mat (or large blanket)
- 2 Yoga blocks (or two big books)
- Strap (or a belt or scarf)
- Blanket (second blanket for use as a prop or extra warmth during rest).
- Wear comfortable clothes that are easy for you to move in.
- Carlisle Academy has a few mats and props to borrow.

Class size is limited to register early!

FMI or to register contact Holly Brooks at 207-615-5958 or by emailing hollybrooksryt@gmail.com

*In Carlisle Classroom in cooler weather
Outside on lawn in summer*



About Holly Brooks:

Holly is a Yoga and fitness instructor with certifications in Vinyasa Flow, Chair Yoga, Chair-assisted mat yoga, Yin Yoga and Meditation, Yoga Nidra, and is currently working on her Warriors at Ease certification through Yoga International and the Wounded Warrior Project. She is a certified AFSA Stretch Instructor and also teaches Pilates, Pilates/Yoga Fusion, group fitness, and hula hooping. Holly is also a Reiki Master/Teacher. She has been teaching group classes and working with private clients of all ages and abilities for several years. It is Holly's sincere desire to make Yoga available to any person (regardless of perceived physical limitations) who wants to explore the possibilities of holistic health and well-being through movement and breathwork in a supportive, inclusive, and flexible environment.