

GENTLE YOGA WITH KIM

Kim Harrington is a certified yoga instructor, yoga nidra guide, and Ayurvedic practitioner offering integrative practices that support whole-person wellness. Kim helps students cultivate resilience, ease, and lasting balance on and off the mat.



A free gentle, accessible yoga class suitable for **all levels and abilities**. Movements can be done standing or seated, with chair options available for full support. Improve flexibility, reduce tension, and enjoy a gentle, calming practice.

Please bring: Yoga mat, blocks, and straps (if you have them)

RSVP is required per class: Visit www.pcrism.org/events

In partnership with



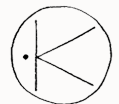
March 10, 17, 24, 31



11:00am - 12:00pm

**Palisades
Community
Renewal Center**

A program of the Picerne Family Foundation



YOGA
WITH
KIM