



# HATHA (POSTURES) YOGA

## With Rev. Sue MillerBorn



Traditional Hatha Yoga is a holistic yogic path, including disciplines, postures (asana), purification procedures (shatkriya), gestures (mudra), breathing (pranayama), and meditation. The Hatha Yoga predominantly practiced in the

West consists of mostly asanas understood as physical exercises. It is also recognized as a stress-reducing practice that attempts to balance mind and body. Asanas teach poise, balance and strength and are practiced to improve the body's physical health and clear the mind in preparation for meditation.

**Mondays and Wednesdays**  
**5:30 to 6:45 PM in the Sanctuary**  
**\$5 per Person per Evening**

For More Information, Please Contact:  
**Center for Spiritual Living, Redding**  
1905 Hartnell Avenue \* Redding, CA 96002  
530-221-4849 or visit [www.cslredding.org](http://www.cslredding.org)