

## The Lansdowne Borough of Parks & Recreation Presents...

### Winter 2014 Programs in Yoga & Qi-gong!

#### **Schedule for Weekly Class Series & Monthly Workshops:**

- **Restorative Flow /Dragon Spirit Yoga™ (Appropriate for all levels of experience)**  
Wednesdays, 9:30-10:45am: 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19 & 3/26 (10 weeks)  
Weds, 7:15-8:30pm : 1/22, 1/29, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26 & 4/9 (10 weeks) NO CLASS 2/5 OR 4/2
- **Gentle Grace Flow/Dragon Spirit Yoga™ (Appropriate for active seniors to adults w/ limited mobility)**  
Thursdays, 4:30-5:30pm: 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20 & 3/27 (10 Weeks)
- **Radiant Lotus Women's Qi-Gong™ (Appropriate for women only)**  
Thursdays, 5:45-6:45pm: 1/30, 2/6, 2/13, 2/20, 3/6, 3/13, 3/20 & 4/3 (8 Weeks) NO CLASS 2/27 & 3/27)
- **Mellow Vinyasa Flow/Dragon Spirit Yoga™ (Appropriate for beginners to intermediate students)**  
Sundays, 10:45am-12:15pm (Monthly Workshops: Jan 26, Feb 23, Mar 30)!

**DRAGON SPIRIT YOGA™** This program brings together the Taoist Internal Arts of Chi-kung with Hatha/Vinyasa Yogic practices. Modified poses & posture flows will be offered to meet all levels of experience. This fusion style, is rooted in traditional disciplines that explore a series of still restorative poses, self-massage techniques & breath-work exercises with focus on synchronizing breath in combination with energizing sequences of flowing movement.



**RADIANT LOTUS WOMEN'S QI-GONG™** This Internal Art program is specifically designed to empower women practitioners in self-health care. Classes consist of movement techniques and breath exercises that have the capacity to help practitioners realize healing potential and to reach optimal levels of health.

**\*DROP IN STUDENTS WELCOME (PLEASE CONTACT INSTRUCTOR IN ADVANCE IF INTERESTED)!**



**Instructor:** Gabrielle de Burke is an Experienced & Registered Yoga Teacher with the Yoga Alliance (EYRT), a Certified Tao Yin Yoga/Chi-kung Level II Instructor with Spirit Wind Internal Arts Society & a Level I Instructor of Radiant Lotus Women's Qi-gong with Daisy Lee.

**For more info on Classes/Workshops with Gabrielle or to Register...**

**Contact:** [LungShen@earthtones.com](mailto:LungShen@earthtones.com) / 484-557-9605 / [www.dragonspiritarts.com](http://www.dragonspiritarts.com)!

**Visit the Borough Website:** <http://lansdowneborough.com/recreation-newsletter>

**or contact Erica Sollberger @ 610-284-1493!**