



*LB Yoga Therapy*  
Breath Life into every day

Bridge Hall, at  
Neighborhood Congregational Church  
340 St. Ann's Drive, Laguna Beach

---

## **Fridays at 10AM starting April 3**

*Enjoy the self-empowering healing nature of yoga therapy guided by Lynn Barclay*

Yoga Therapy can be preventative, curative and can facilitate healing. The goal is to restore the body-mind to its fundamental state of well-being. Yoga techniques can strengthen, stretch and relax the muscular system, and strengthen and condition the skeletal, cardiovascular, digestive, glandular and nervous systems.

This class will include gentle movements that include twisting, bending, range of motion with breath work, visualization and focused attention.

The ability to get onto the floor is important for full participation. Sitting in a chair is possible for participation in the breath work and some of the movements. Chairs will be provided.

No previous experience with yoga is necessary. All levels are welcome.

Please bring a yoga mat, blanket, and a beach or bath towel.

Please be mindful in your participation; it is always recommended to consult with your physician before starting or changing any diet and/or exercise regimen.

---

### *About Lynn Barclay:*

Lynn comes from her own experience with back surgery and chronic pain.



She used yoga techniques and philosophy to recover, and this inspired her to share this knowledge. Her passion is helping others find a self-empowering, personalized, evolving yoga practice.

As a yoga therapist, Lynn has worked with a variety of conditions, such as Parkinson's, Multiple Sclerosis, strokes, joint surgery, stress, as well as other injuries, with gentle guidance in yoga. She is specialized to work with seniors.

Lynn is a registered Yoga Teacher with the Yoga Alliance, Certified in Yoga Therapy and Prime of Life Yoga (ages 50+) from Loyola Marymount University, which is registered with the International Association of Yoga Therapists.

---

***This is a free class; donations are encouraged, and all monies go to support the work of Neighborhood Church***

Neighborhood Congregational Church  
340 St. Ann's Drive, Laguna Beach, CA 92651  
(949) 494-8061

Lynn Barclay  
(949) 424-3507

[www.ncclaguna.org](http://www.ncclaguna.org)

[www.LBYogatherapy.com](http://www.LBYogatherapy.com)