



Mindful Yoga & Meditation Workshops

with Gina Puccinelli & Katie Dutcher

In collaboration with Monterey Sports Center & Monterey Bay Meditation Studio



Monterey Sports Center

301 E. Franklin St, Monterey. 831-646-3730



\$35 per session, Early Registration | \$45 per session at the door

Register at the Monterey Sports Center

We are committed to making these workshops accessible to EVERY body!

Yoga practices will incorporate choices and modifications to be suitable for your personal needs. Chairs and props will be provided. Meditation will be presented and guided in a way that is appropriate for beginners as well as experienced practitioners.

January 12, 1:00 - 3:00 pm | *A Fresh Beginning* | Activity #52040-A

Give yourself permission to make your practice your own, releasing judgement to explore a sustainable and adaptable practice that nourishes and supports you. In this workshop, flow between stillness and movement with yoga and guided meditation. You'll learn a variety of practices to cultivate well-being, and receive support in integrating these practices into your life according to what serves you in each moment, accessing peace amidst the noise and hustle.

February 16, 1:00 - 3:00 pm | *Embrace the Wholeness of YOU!* | Activity #52040-B

Factor yourself into the equation: give yourself permission to find a practice that really nourishes you. In this workshop, flow between stillness and movement with yoga and guided meditation. You'll learn a variety of tools for self-care, with the intention to remind you of the wholeness that already resides in you.

Facilitators:

Gina Puccinelli considers promoting nourishment of the mind, body and spirit to be her life's work. Her gift is honoring the divine being within each individual by encouraging them to recognize their inner light and unique authenticity through daily self-care techniques and practices. She is a Certified Yoga Teacher (500 hours), including the study of therapeutic yoga, a Certified Massage Therapist, and a Medical Exercise Specialist, and offers private, in-home movement therapy. beyondyoga.me

Katie Dutcher is a Qualified Instructor of Mindfulness-Based Stress Reduction and a founding teacher at Monterey Bay Meditation Studio. Katie has a passion for serving others by introducing the practices of mindful awareness which can lead to a more peaceful and fulfilling life. She teaches with various community organizations, and coaches private clients in applying mindfulness and self-compassion in their daily lives. katedutcher.com montereybaymeditation.com

