

Yoga in the Galleries



**WALTER ANDERSON
MUSEUM OF ART**

Yoga with Moira Anderson

Wednesday, April 1, 2015

6:00-7:30 pm

This class is free of charge!

The museum atmosphere provides a serene, lovely and inspirational environment for Yoga practice. Please join us for an uplifting yoga session, rejuvenating the mind, body and spirit. This gentle practice is appropriate for every BODY.

Art is incredible stuff -- not for itself, but in changing the artist's relation to other things – perspective

-Walter Anderson



After practicing yoga and watching students every day for the past 14 years, **Moira Anderson** has found that yoga is incredible stuff. Yoga practice has the amazing ability to change the practitioner's perspective. Yoga & art are both means to see things in a new way, to experience a unity with all things, and to inspire a shift in how we relate to our world. This nurturing creative environment, along with Moira's understanding of anatomy and physiology, will guide you to creating a healthy body with a focused, relaxed mind. Moira is owner and director of River Rock Yoga & Pilates in Ocean Springs. She is a Certified, Professional Level Kripalu Yoga Teacher & Teacher Trainer, registered with Yoga Alliance at the E-500 hour Level. Among many things, Moira's classes offer students compassionate self-observation and gentle alignment cues. Breath awareness with exploratory, joint freeing movement is emphasized.

Call or go on the website to sign up:

Walter Anderson Museum

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(228) 872-3164 www.walterandersonmuseum.org