



Amherst Yoga and Nutressante proudly sponsor
A Free Community Event
The YogaMedicine™ Healing Circle

Monday, September 19 – November 7

*7:00 pm – 8:30 pm

Amherst Yoga

10 Northern Boulevard, Unit 15

Amherst, NH 03031

Native American rituals and practices are rooted in connection with all aspects of life and the Great Spirit (God). The word "medicine" in Native American practice and in the custom of animal medicine refers to the healing aspects that a particular animal brings to our consciousness. This would mean anything that supports, strengthens, restores, empowers, or revives the spiritual body, as well as the physical body.

YogaMedicine™ applies the Native American definition of “medicine” to yoga and all healing practices. The healing aspects found in yoga, meditation, chant, dance and prayer support, strengthen, restore, empower and revive the body, mind, and spirit.

The vision of the YogaMedicine™ Healing Circle is to create an environment of comfort and ease for people confronting an illness, together with their families and friends. In this loving and supportive environment, participants will experience yoga, meditation, chanting, dance and prayer. In addition, participants will receive guidance on nutrition, self care, and a daily spiritual practice. The free community Circle will be facilitated by Reverend Damanjeet Kaur (Barbara Landry) and Raj Nidhan Kaur (Susan Baker). For more about the facilitators go to www.amherstyogaandwellness.com .

