



# YOGA AND MEDITATION

**All are welcome. Please bring your own mat, if you don't have one, we do have a few available.**

Yoga is more than simply exercise. It is an integrative practice that not only builds physical strength and balance but also emotional, mental, and spiritual strength and balance. This class will offer varied approaches. In some, we will bring focused attention to breath and body as we move through postures and end with a short sitting meditation. Other times Yin yoga, (stretching postures which are held for a longer time) will be offered as a moving meditation. Consider this an opportunity to learn or practice, find ease and bring a pleasant end to the day.

This class is designed for all levels and is both trauma and recovery informed.

**For more information, please contact  
Hannah Hawkins-Esther at:  
(770) 595-4510 or [hannah@hhe-therapy.com](mailto:hannah@hhe-therapy.com)**



**HANNAH  
HAWKINS-ESTHER  
RYT 200, LCSW**

Hannah Hawkins-Esther is excited to begin integrating her love of yoga, mindful meditation and self-compassion in one place. She is a registered yoga teacher, daily meditator, trained mindful-self compassion teacher, psychotherapist and student of life.

Exploring the interconnected ways our mind/body, emotions, spirit, and relationships all influence our sense of wellbeing, Hannah works with clients, to support their strengths, explore their challenges and change what they feel needs to be different in their lives. She sees adults, couples, older teens and families, and is dedicated to providing a welcoming space for all humans regardless of race, religion, gender and sexual preferences/orientations.



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