

Sonya Nelson

Yoga classes happen on Tuesday mornings,
Wednesday evenings and Saturday mornings.
Go to www.SonyaNelson.com for details, or
call/text 832-875-7215 directly.

Intro to Forrest Yoga

Wednesday, January 25

Wednesday, March 29

7:00 – 8:00 PM

Investment: No charge

Intro to Fluid Movement

Thursday, January 26

Thursday, March 30

7:00 – 8:00 PM

Investment: No charge

Still Rising (RS Grads Group)

Monday, January 23

Monday, February 27

Monday, March 27

6:30 - 8:00 PM

Investment: \$15

Rising Strong™

(see reverse for dates)

Embodied Presence Class

Topic: The Power of the Pelvis

Thursdays, January 26 – Feb 16

1:00 - 3:00 PM

Investment: \$63

Integrative Breathing Practice

Sunday, January 22

Sunday, March 5

Demo at 4:30pm for beginners

Full Session at 5:00 pm

Investment: \$25

Rising Strong™

The Reckoning. The Rumble. The Revolution.™

Register Online:
sonyanelson.com/2017-rising-strong/

Call/Text: 832-875-7215

Begin Within Healing Studio Location

(near to Cypresswood and Champions Forest)

Rising Strong™ is a program about what it takes to get back up and try again. It's about owning your story of struggle so you may have the power to write daring new endings. Struggle can be our greatest call to courage and Rising Strong™ the clearest path to a wholehearted life.

A group must have a minimum of 5 participants and is limited to a total of 7 participants. Keeping a small size allows for greater group cohesion while honoring time limitations.

Feb/Mar: Mon Evenings
Jan 30 • Feb 6 & 13 • Mar 4
Time: 6:30PM to 9PM

Saturday Workshop Day
Feb 25 • 12PM to 7PM

April/May: Mon Evenings
Apr 3, 10, 17 & 24 • May 1
6:30PM to 9PM

Saturday Workshop Day
Apr 22 • 12PM to 7PM

Feb/Mar: Wed Afternoons
Feb 1, 8, & 15 • Mar 1 & 8
12:30PM to 3PM

Wednesday Workshop Day
Feb 22 • 10AM to 5PM

April/May: Wed Afternoons
Mar 29 • Apr 5, 12 & 26 • May 3
12:30PM to 3PM

Wednesday Workshop Day
April • 10AM to 5PM