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 Street  Monterey  (831) 646-3730
montereysportscenter.org

April 11, 1:00 - 3:00 pm  Practices for Expansion & Flourishing (#52040-A)
November 21, 1:00 - 3:00 pm  Gratitude for the Bounty of the Present (#42020-B)

$35 per session, early registration | $45 per session at the door
Register through Monterey Sports Center

In these workshops, 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.

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.

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, 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. katiedutcher.com montereybaymeditation.com