

# Brain Yoga Workshop



**Led by GeGe Beall and Kim Leibowitz**

**Sunday, April 29, 2018 – 2-4pm**

Keeping our brains healthy & limber is just as important as keeping our bodies fit. The research is clear that our brains need stimulation to maintain & create new neural pathways. In Brain Yoga, we'll move both our bodies & our minds. Our movement will include traditional yoga poses and meditation. We will also stimulate our brains by playing games that break us out of our typical thought patterns. Be prepared to move, play, & laugh.

**2-hour workshop: \$30**

**GeGe Beall** is an organizational psychologist, by night she's a professional improv comedian playing most weekends at ComedySportz Richmond. GeGe has always been fascinated by the games improvisers play to keep their minds sharp . She's taught brain play workshops for corporations & women's retreats. **Kim Leibowitz** is a certified yoga instructor and yoga therapist who works with individuals and groups of students to help them alleviate chronic pain and enjoy a more active life.



**To register call 804.741.5267 or [info@glenmoreyoga.com](mailto:info@glenmoreyoga.com)**