

Yoga for Organists and Pianists



Steven A. Russell combines his experience as a yogi and a musician, working with breath, vibration, concentration, and movement, to present uplifting and relaxing yoga classes.

Steven has been practicing yoga for over fifteen years. He is a certified teacher of yoga, having studied with Sri Dharma Mittra in NYC. All are welcome to attend this workshop, specially designed for keyboard players.

Steven is the Director of Sacred Music at the Parish of St. Thomas More, in Manalapan, NJ. He has a Bachelor of Music in Music Education from Westminster Choir College in Princeton, and a Master of Music in Choral Conducting from the Mason Gross School of the Arts, Rutgers University.

Discover

- your healthy, performing body
- breath for relaxation
- focus of mind

No yoga experience or level of flexibility is necessary.

Discover the path to health of body, mind, and spirit.

Bring a yoga mat (available in the fitness section of many discount stores), a towel, and a desire to breathe deeply, focus attention, and explore the relationship to self and colleagues.

**First Reformed Church
of Long Branch
650 Broadway
Long Branch, New
Jersey 07740**

Saturday, February 20, 2016
Noon – 2:00 PM

Pre-registration preferred.
Email steven@becomingsoundyoga.com
www.becomingsoundyoga.com

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