

As holiday preparations escalate, anxiety stifles our breath --- dampening enjoyment of festive gatherings. Take this opportunity to find an inner oasis of calm in the swirl of the season. Discover *spacious containment* in the breath: a resource that keeps flowing on beyond the New Year. Continuing to explore bottom-up wellness, we'll be using hands-on contact, restful play, and movement to invite learning.

## Breathing through the Holidays

**Sunday 27 November**

**1:00 pm – 3:00 pm**

at **Claremont Yoga**

in the Village at 204 N. Yale Ave. (at Second)  
on 2nd floor, stairs access only

Reserve your spot at [www.claremontyoga.com](http://www.claremontyoga.com)  
or contact Suzanne at 909.239.8313. Class is \$25.



**Experience a bodyworker's twist on shaping  
your yoga practice, and unfolding into life.**



Suzanne Snijder van Wissenkerke, CA Certified Massage Practitioner, SEP, brings 20 years of hands-on experience to her integrative bodywork practice, helping clients find greater ease in moving and connecting, and relief from overwhelm of pain, anxiety, and traumatic stress. Healing sessions infused with child-like playfulness incorporate structural balancing, manual therapy, and Somatic Experiencing® into creative “not knowing” improvisation. A musician, succulent gardener, wife and mother, Suzanne blogs at <http://www.integrativebodyworkClaremont.com>.