

# Esther Sabatino's Gentle Yoga

## BIO



My name is Esther Sabatino and I love yoga. I am amazed by the human body and its ability to heal. My passion is to explore emotional healing through a gentle, restorative style of yoga, yoga Nidra and meditation. In addition, I am a Reiki practitioner and energy healer with a love for living in these mountains. They provide a powerful energy which I tap into through Yoga and Reiki.

As a Yoga teacher, my goal is to guide my students to look inward, to find love of self and let the body, mind and spirit connect and heal, with the ultimate goal being to help my students rest, relax and restore their systems.

My intention is to bring a gentle and healing energy to each class. My commitment is to be completely present with each of my students as we learn to find the self-healing of which we are all capable.

### **My Contact Info:**

**Esther Sabatino**

**The Healer In the Woods**

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**Facebook & Instagram: The Healer In the Woods**

**Class Description for Monday at 6pm**

**Ebbs Chapel Community Center Exercise Room**

**Gentle Yoga - expect to move at a slower and more mindful pace. Together we will bring a gentle energy into our bodies through focused breathing, stretching, and movement. This class is good for all levels including beginners. Yoga mats and props are available but quantity is limited.**

**Cost: \$10 per class payable at the door.**