

# ACU-YOGA with Patti Pellerito! - RSVP (Limited to 15)



Patti Pellerito will be here to introduce participants to this new offering from The Wellness Community! Acu-Yoga is a system of exercises, integrating two ancient holistic methods of health maintenance, acupressure and yoga. A highly effective practice results from combining these two complementary forms of self-treatment. Both systems relax muscular tension and balance the vital life forces of the body. Yoga does this through controlling the breath while holding the body in certain postures. Acupressure does this by directly manipulating body energy through a system of points and meridians. This process combining the two balances the body as a whole, and stimulates the immune system. As a bonus, the program will be followed by a 15 minute resting pose with Tibetan Singing Bowls, enjoying the sounds and vibrations that these magical bowls offer.

*A BIG thank you to Patti Pellerito for gifting this program to The Wellness Community!*

**When: Tuesday, April 20 and Tuesday, May 18: 6:00-7:30 PM**

**Where: The Wellness Community,  
1058 Old Des Peres Road, St. Louis, MO 63131**

**RSVP 314-238-2000 or [www.wellnesscommunitystl.org](http://www.wellnesscommunitystl.org)**