

# Gentle Yoga

with Susan Merritt

*Classes for people who want a slow, careful,  
& fun approach  
to strengthening & stretching*

Susan has a real gift for working with people who have sustained injuries or feel uncertain about trying yoga.

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With 33 years teaching experience, Susan has a keen grasp of anatomy and sound movement mechanics.

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She excels at clear & individualized instruction and hands on guidance.

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## Testimonial:

“I feel safe in Susan’s classes and she’s got me doing moves I thought I couldn’t.

I am thrilled !”

Elaine, retired teacher



**Tuesdays @ 1:00 – 2:15pm**

**Fridays @ 9:30 – 10:45am**



**Yoga Studio & Salon for the Healing Arts**

738 Chestnut St., Santa Cruz, CA ~ 831-459-8613

[www.bodyandsoulsantacruz.com](http://www.bodyandsoulsantacruz.com)