



Heart-Based Mindfulness
with Kate Mitcheom
MSN, CNM, RYT

Everyone is welcome!

Drop in for a session or two or dedicate yourself to the entire season! I will be conducting yoga sessions at the historic Owenego Inn in Branford every Wednesday morning from 7:30-8:45 a.m. ending Nov. 15th, 2017. Please note: we won't meet on Sept. 13th and our **start time will change** from 7:30 to **8 a.m.** when we resume on Sept. 20th.

The type of yoga I teach is based on Mindfulness and grounded in the Anusara style of practice. Anusara is flowing with grace and pays attention to alignment and that helps to keep the practitioner safe.

My approach celebrates life and lends some humor and levity along with a committed practice. I am a Certified teacher of Yoga for Osteoporosis and suggested donation \$15.

"Just as with Mindfulness we are practicing to remember that there is more right with our bodies than wrong. No matter what, as long as we are alive we have an opportunity to be with and learn from our bodies."

~ Kate Mitcheom

[Contact Kate](#)
[or simply drop in!](#)

