



Join Insight Counseling's dear friend and teacher Breanna Ferguson Taylor for gentle, Yin Yoga and Vinyasa Yoga offered free and to all until we can be together again! All classes will be accessible online through emailing us at:

**[info@Insightcounselingllc.com](mailto:info@Insightcounselingllc.com)**

After you email us, you will be sent an access code to the Zoom class. You only have to email us one time and we will then send you codes for all the live classes. You are free to invite friends and family, again by having them send an email request to Insight Counseling.

Insight Counseling, llc. 105 Danbury Road, Ridgefield, CT

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

***Privacy, Compassion, Positive Change***