

## Yoga at NOLA's Thursday's at 10 AM! Please join us!



Elisabeth Gliddon, MA, LMFT

19 hrs · 🌐

Had an amazing relaxing and rejuvenating time at the Better Day Yoga LLC class this morning. Sandy made my journey from home practice into the class setting an easy one. I was particularly interested in her background in trauma informed yoga 🧘 and she certainly delivered. She took care in asking rather than telling people to move into poses. She would also ask before placing a blanket under you or placing her hands on you. At times people who have undergone trauma prefer not to be touched and I could sense that she kept things like this in her mind. Her fun, kind demeanor and clear experience in managing trauma and bodily pain make me feel comfortable recommending her here on my page. Hoping to continue working with Sandy in the future and also to continue enjoying the beautiful venue where this set of classes is held (Nola Bistro & Lounge). I'll attempt to make it to next weeks class on Thursday at 10 if you'd like to join me.



***I haven't had a "public class" since 2012 when my studio building was bought out by a nursing home. I've been on-site corporate and in-home private since then—until now!***

*"So good to see you. Thank you for inviting me to your public class! I've been waiting a long time for this to happen. I am so grateful to attend your yoga classes. It worked out and I'm happy about that. I haven't found another yogi that has made my spirit feel so relaxed and refreshed. I literally become grounded and recharged spiritually."*

*↳ Lisa Aspinwall (Past client from 2012)*

