



winter/spring2008 Introduction to Yoga

yoga for REAL beginners * step by step instruction * personal attention

Establish a safe and sound yoga practice in a down-to-earth, comfortable, and fun setting!

This course is tailored specifically for:

- o Anyone who has never practiced yoga before or is new to vinyasa flow yoga
- o Anyone who has been away from regular practice and is re-establishing a yoga regimen
- o Anyone who has been practicing vinyasa flow yoga for a short time and wants to refine their practice
- o Anyone who is recovering from an injury or would like to work more slowly and therapeutically

Build a strong foundation in breathing techniques, primary yoga postures, and alignment principles. Individual attention and hands-on adjustments will give you the necessary tools to progress to our ongoing Level 1 classes. Class size is limited to 15 people to assure high-quality instruction and attention.

Upon completion, enjoy 15% off your purchase of any class series

3-Week Immersion \$120.00

Tuesdays & Thursdays, 7:00-8:20 pm

Session A: Jan. 29, 31, Feb. 5, 7, 12, 14

Session B: Feb. 19, 21, 26, 28, Mar. 4, 6

6-Week Immersion \$120.00

Saturdays, 10:40 am-12:00 pm

Session A: Feb. 16, 23, Mar. 1, 8, 15, 22

Please note that this course is not offered as a drop in class. You must pre-register to attend.

**Refunds will not be given for missed classes; however, you are allowed to make up a missed class in any of our regularly scheduled classes.*

