

YOGASTART for beginners

your guide to starting a complete yoga practice

This Introduction Course is Designed for:

- Anyone who is brand new to yoga
- Anyone who wants to establish a regular yoga regimen
- Anyone who wants to learn the basics
- Anyone who wants a slower-pace yoga class

Class size is limited to 15 people to ensure that each student receives individual attention and hands-on adjustments



Register Online at www.SacredSpaceRockville.com

- Learn Basic Yoga Postures and Stretches for strength & flexibility
- Learn breathing techniques to calm, center & reduce stress



- Learn Alignment principles that will prevent injuries and heal aches/pains
- Build a solid foundation to continue your practice in a vinyasa flow class
- Understand your body and how to modify postures to make them work for you

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**4 week session runs
Feb 2nd - 25th**

**Tuesday's & Thursday's
10:00-11:30 am**

**Register for all 8 classes
for only \$144
Drop in \$20/class**

"After practicing yoga elsewhere for 3 1/2 years, I started taking classes at Sacred Space, and was blown away by the quality of the teaching there. In the 1 1/2 years since then, my practice has developed immeasurably, and, more importantly, I feel terrific!"

-George P., Sacred Space Yoga student

Classes at Sacred Space are fun, spiritual, challenging, exploratory, and self-serving in the best sense of the word - the instructors all emphasize listening to the truest, deepest level of yourself via staying present with the breath. The result for me has been that for the first time in 25 years, I am not in pain and I am LOVING my yoga practice.

-Christina B., Sacred Space Yoga Student



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