

Introduction to Iyengar Yoga

Thursdays, 6:45pm

\$50 for a series of 4 weekly classes

Series dates: October 11 – November 1

Registration in advance required: lundyLaura6@gmail.com 708-308-1401



This class is for beginners - no prior experience necessary!

You will learn yoga basics through standing, seated and reclining postures, to help you:

- Increase strength, flexibility, and range of motion
- Improve balance
- Learn breath awareness
- Reduce stress
- Encourage better sleep

For continuity in learning students are asked to commit to the entire 4-week series; drop-ins welcome as space allows.

- Classes are presented through a vigorous, yet safe, approach
- Clear instruction is geared towards people of all ages, health conditions and levels of practice
- Props are incorporated as needed to perform the poses correctly and safely



Laura Lundy, Certified Iyengar Yoga Teacher

Laura has studied Iyengar yoga for many years and is certified at the Introductory Level. She was drawn to yoga through her work in the Mental Health Field, and loves sharing her passion for yoga with beginning students to help them discover the joy and wholeness yoga can bring.

Why Iyengar Yoga?

Certified Iyengar Yoga Teachers are held to unusually rigorous standards, earning their certification after years of dedicated practice, training, and evaluation by trained, qualified assessors.

The Iyengar Yoga Certification Mark is your guarantee of a yoga teacher who is able to meet you right where you are.