

Introduction to Iyengar Yoga



4 week online class series
Wednesdays 6 – 6:45pm
February 3 – 24

\$30 for the series or pay what you can
Advance registration required

This class is for beginners and others who want to get back to basics and tune up their practice, no prior experience necessary!

Learn yoga basics through standing, seated and reclining postures, to help:

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

For continuity in learning students are requested to commit to the entire 4-week series.

*Register online (gardenofyoga.net) or by email:
Kristen.kepnick@gmail.com