

DISCOVER YOGA THIS YEAR!

Introduction to Iyengar Yoga

4-WEEK SERIES

SATURDAYS, MARCH 1-22, 2025

9 - 10 AM

ADVANCE REGISTRATION FOR SERIES \$60

DROP-INS \$18



Welcome beginners and those who wish to refresh their practice with foundational principles!

Kristen Kepnick, Certified Iyengar Yoga Teacher, will guide you in a safe and progressive approach to yoga.

Garden
of
YOGA

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Contact Kristen to register:
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