

Introduction to Iyengar Yoga

SATURDAYS, 9 - 10 AM

MARCH 29 - MAY 31

NO CLASS APRIL 5 OR MAY 17

4-CLASS PACK \$60; DROP-IN \$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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