

YOGA FOR PEOPLE WHO CAN'T TOUCH THEIR TOES

3-WEEK YOGA FUNDAMENTALS FOR ABSOLUTE BEGINNERS

Join us for a class series designed to introduce you to the beautiful practice of yoga with a touch of light-heartedness & warmth. We'll explore yoga fundamentals in a relaxed and supportive environment where you'll learn to reap the many benefits like improved:

- stability and balance
- flexibility
- strength
- stress reduction
- sleep
- and breathing!

Your teacher will break down poses step-by-step, discuss body alignment, guide your breathing, and offer modifications and props to assist you. All are welcome!

3 Saturdays, Mar 23-Apr 6, 12:30-1:30pm



\$60/person or apply a class package
NewVida Preserve, 6394 NYS Route 86, Jay, NY
BYOM (Bring Your Own Mat) or borrow ours!
Register by March 20th at: bit.ly/touchtoes



PREREQUISITES:

- Must enjoy smiling
- Must like breathing
- Must like to make friends

