

Ashtanga Yoga Basics

Tuesdays, 5:30-6:45pm

May 15 - June 19 / \$80 fee—\$70 YB repeats



Learn the basics!

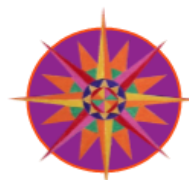
Join us for a six week beginning journey of yoga....designed for those brand new to yoga, or just wanting to brush up and get back in the game.

We'll start with learning safe alignment and breathing practices, and move through the warm-up sun salutations that are the cornerstone of the Ashtanga Yoga practice. After that we'll move through energizing standing poses and then go to the floor to address seated postures and the finishing, cooling down portion of the practice.

Ashtanga Vinyasa Yoga is a healing, energizing and fun yoga practice. We'll offer modifications for all postures so you can make the practice work specifically for you and your body. By the end of the six weeks you'll be able to flow through half of the Ashtanga Primary Series...and receive a discount on a class pass or membership as a dividend of attending Ashtanga Yoga Basics!

Enroll today! Sign up online on our "Workshops" page at sundogyogastudio.com, or see us at the front desk.

17 West State, Doylestown, PA 215-230-4031



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