

Beginner Yoga Series

New to yoga?  This is for you!



Angela Drew

3 Saturday Sessions:

Dates: September 13, 20, 27

Time: 1-3pm

\$40 per session

or attend all 3 at 10% off!

Develop the essentials of your yoga practice in a fun, supportive environment and with expert guidance!

You will learn:

- Fundamental poses
- Proper alignment
- Yogic breathing
- How to modify poses
- How to use props
- What yoga style(s) match your goals!

*No prior experience
necessary*

Yoga For Beginners World Series This Month

Patrick Vollmar



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Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Billboard**

,2000-01-15 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **The Video Source Book** David

J. WEINER,1990 Yoga For Dummies Georg Feuerstein,Larry Payne,1999-03-15 Yoga is not a fad It has been around in the United States for over a hundred years and has a history of approximately five millennia It is clearly here to stay Yoga has brought health and peace of mind to millions of people It can do the same for you The benefits of Yoga are many When adopted as a lifestyle Yoga extends over the entire day Find out how this can be done and why Yoga is so often loved by people who are Interested in becoming more fit and flexible Looking for stress relief Seeking to live a more peaceful and joyful life Yoga For Dummies guides you slowly step by step into the treasure house of Yoga And it is a fabulous treasure house You will find out how to unlock your body s extraordinary potential and enlist your mind to do so and in the process strengthen your mind as well This book covers the following topics and more Five basic approaches to Yoga Selecting a Yoga class Practicing Yoga safely The mechanics of Yogic breathing Classic foundational postures Exercises to target problem areas Putting together your personal routine Yoga for special situations The focus on this book is on Hatha pronounced haht ha Yoga which is that branch of Yoga that works primarily with the body through postures breathing exercises and other similar techniques When necessary the book provides helpful photos or illustrations to help you better understand the exercises or postures One author Georg Feuerstein is internationally recognized as a leading expert on the Yoga tradition and has authored many seminal works on it The other author Larry Payne has a thriving practice as a Yoga teacher in Los Angeles where he teaches and responds to his clients specific health challenges In this book their combined 55 years of experience have merged to create a reliable and user friendly introductory book that can also serve you as a beginner s reference work on an ongoing basis **Billboard** ,2001-03-10 In its 114th year Billboard remains the world s premier

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