

Ashtanga Fundamentals (level 1-3) is designed for those at the beginning stages of yoga practice as well as for those wishing a slightly slower class. This class is based on Ashtanga Vinyasa Yoga, which is designed to be "meditation in motion"...we link breathing and movement, in a flowing series of postures. We will cover the fundamentals of Sun Salutation, some standing postures and seated postures of the Ashtanga form. Class is 1 hr. 15 minutes long – taught by Shari Simon.