

**Ashtanga Lite** is designed for those at the beginning stages of yoga practice as well as for those wishing a slightly slower class. Ashtanga 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 hour long – taught by Beth Bingler.