



# YOGA BASICS

Wednesdays, 5:30-6:45pm... Nov. 9 - Dec. 14, 2011

\$80 fee / \$70 for Y.B. "repeat" students  
**pre-registration is required**

Give yourself a "jump-start" by learning the basics of the yoga system in this fun and comprehensive class. We will begin at the beginning and add on each week....learning correct methods of breathing, how to move in and out of postures, how to pace yourself and respect your abilities and limitations. You will be guided through the sun salutation (which is a key grouping of postures in most of the Sun Dog class sessions) and all of its' components. We will cover many of the basic postures found in our regular class schedule and address modifications for all. We will also dip our toes into the sea of Sanskrit names for the postures....and learn a basic chant.

This workshop will give you the confidence to move forward and truly enjoy the practice of yoga. It is highly recommended for those who are brand new to yoga, as well as for those wishing to "brush up" or receive a gentle deepening of the understanding they may already have of yoga. Wednesday classes taught by **Shari Simon**, Mondays by **Kristen McCarthy**. Please bring a yoga mat and towel.

**\*Please note: all Yoga Basics students will receive a discount on the purchase of a class card with us at the end of the six weeks! You may only attend the day of the week you enroll for, and there are no "make-up" classes if you miss.**



**Sun Dog Yoga Studio**

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