



NEW
Yoga
workshop

for Beginners

Saturday, November 8th

2-4pm in the Chakras Studio | \$30 members
\$35 non-members

about

No experience necessary. Acquaint yourself with the fundamentals of a Hatha yoga practice including postures, breath-work and meditation. Learn various techniques to cultivate a state of well-being thru: basic postures to promote a flexible and strong body, breath-work to invigorate and release tension, and meditation to calm the mind.



about the instructor

Dido Nydick is a 500RYT certified yoga teacher. She has been practicing for 8 years and completed her training in ISHTA (Integrated Science of Hatha, Tantric and Ayurveda) in New York City in 2003 under the direction of Alan Finger and staff. She is also certified as a "Relax & Renew" Restorative instructor by Judith Lasater and trained in Pre-natal yoga by Carrie Parker. Dido continues to study with teachers that emphasize the connection between mind, body and spirit. Her classes include poses, breathwork, meditation and philosophy to create a state of well-being.