

BEGINNER YOGA

FEBRUARY 25 - MARCH 31

This six week series is an ideal introduction to Vinyasa Yoga Basics for students brand new to yoga and all levels of experience. Vinyasa yoga brings together body, mind, and breath through synchronized movement. In this series, Bea Love, will guide you through the marriage of postures and breath to create a fluid and skillful movement in the flow. Bea's gentle rhythm, artful sequencing, and attention to subtleties guides students into a mindful and empowering practice.

Series exploration includes ancient yoga practices (asanas, mudras, pranayama and body awareness) modernized for accessible use in all environments and abundant lifestyles. Bea welcomes all yoga intents, whether to release daily stress and relax, to deepen physical strength and flexibility or simply engage life fully. Her expertise includes the wisdom of self compassion through nurturing of mind, body and spirit.

\$90
max 15



NEW

Vinyasa style
Class Series with Bea Love

Saturdays from 2-3:15pm
Chakras Room

