



Anusara-Inspired™

Beginner Yoga

class series

This 6 week Anusara Inspired™ Beginner Series will introduce the students to the bio mechanical principles of the body known as the universal principles of alignment. They will also be introduced to the heart-oriented spiritual philosophy of Anusara Yoga as well as the energetic actions, known as the loops and spirals. This series is perfect for the raw beginner and those who are interested in learning more about Anusara Yoga. There is no yoga experience necessary and the series is suitable for those who have injuries.

Mondays

7:15-8:30pm

in Chakras Room

\$90

max 15



Aug 16-Sep 27

skips Labor Day, September 6th