



Beginner Yoga:

Learn basic breathing, poses & meditation

Where:

249 Highland Avenue
Rochester, NY 14620
585-242- YOGA (9642)

When:

5:00-6:00 PM
Thursdays in March
March 3, 10, 17, 24, 31

Teacher:

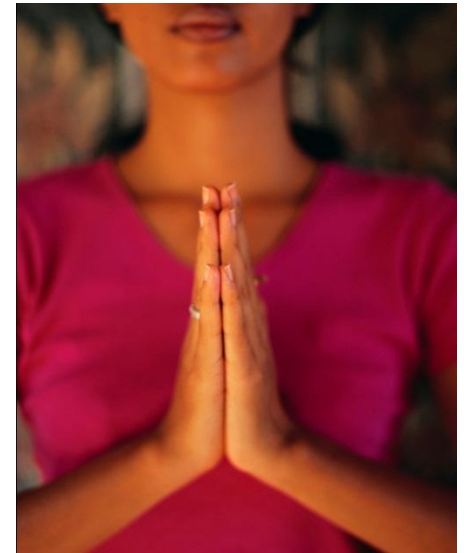
Rhonda Flint, Yoga Instructor

Cost:

\$40 to register for the series
or \$10 Walk-ins always welcome
Unlimited Mat Class Customers Welcome

Learn:

- ~ structure of a basic yoga class
- ~ different types of breathing for different types of movement or meditation
- ~ poses & their names, contraindications, modifications for old or current injuries
- ~ how, why, and when to use straps, blocks or blankets
- ~ downward facing dog, or what you should be doing instead



Each class will build on the previous. This series will also be good for people who want to work on their alignment, or know what certain poses should feel like. There will plenty of time for questions.

No Registration Necessary. Save \$10 if you pay for the series by March 3rd.