# Begin at the Beginning

## Yoga Foundations 4-week series with Tricia

## Wednesday evenings 7:00-8:00
## June 8, 15, 22 & 29

This 4-week series is perfect for someone completely new to yoga, or for someone who has started a yoga practice but has questions. We provide the ideal environment for your friends and families to get turned on to their own yoga practice!

In this series, we introduce the fundamentals of yoga in a safe and supportive environment. We focus on the basic elements of standing poses, sun salutations, seated forward bends, twists, back bends, and breath awareness.

Throughout the series, we maintain a steady, deepening focus on physical alignment and fluid, free breathing.

The investment for this series is $99, which includes all course materials; or $114, which also includes a premium yoga mat.

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