

BEGINNERS yoga



Learn the Fundamentals of Yoga Postures

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FOR THE DATES OF THE NEXT SESSION

ALL LEVELS AND NO EXPERIENCE NECESSARY
NEW STUDENT SPECIALS!

UNLIMITED REGULAR CLASSES:
\$29 FOR TWO WEEKS – OR – \$79 FOR A WHOLE MONTH!

This course will explain and practice the basics of Solar Yoga's classes in a safe, easy atmosphere. No pressure here to be flexible or to be "in shape". The room will be a comfortable temperature (not hot). Work with what you have today and learn how fast a regular yoga practice can give you more flexibility, more strength, more balance, more endurance, more energy. Let yoga lead you to a better life!

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