

# Iyengar Yoga

*With Genia Sussex*

*Certified Iyengar Teacher*

B.K.S Iyengar's method encourages correct body alignment and precise movement to develop flexibility, strength and relaxation of the body and focus, clarity and serenity of the mind.

In class, yoga props are used to allow students to progress at their own pace. Please bring your own mat.

## Yoga for Healthy Aging

Thursdays 9:15 – 10:30am

Oct. 4<sup>th</sup> – Nov. 8<sup>th</sup>

6 weeks \$72

## Gentle Yoga

Thursdays 11 – 12pm

Oct. 4<sup>th</sup> – Nov. 8<sup>th</sup>

6 weeks \$60

To register call Genia 722-3239