



# Iyengar Yoga

with Genia Sussex, Certified Iyengar Teacher

*Contact Genia to Register: Tel: (709) 722-3239*

Healthy Aging (\$84)  
Tuesday Mornings  
9:30-10:45am  
Nov. 7 – Dec. 19

Healthy Aging (\$84)  
Thursday Mornings  
9:30-10:45am  
Nov. 9 – Dec. 21

Intermediate (\$98)  
Tuesday Evenings  
5:30-7:00pm  
Nov. 7 – Dec. 19

B.K.S. Iyengar's method encourages correct body alignment and precise movement to develop Flexibility, Strength and Relaxation in the body and Focus, Clarity and Serenity in the mind.

In class, Yoga props are used to allow students to progress at their own pace.

Please bring own mat.

Fall Classes at  
The Lantern  
35 Barnes Rd.

