

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.

Intermediate Iyengar Yoga

Tuesdays Jan 8-Feb 26
5:30-7:00pm
(8 weeks \$112)

Yoga for Healthy Aging

Thursdays Jan 10-Feb 28
9:15-10:30am
(8 weeks \$96)

Gentle Yoga

Thursdays Jan 10- Feb 28
11am-12noon
(8 weeks \$80)

To Register call Genia 722-3239



35 Barnes Road
St. John's, NL