

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 Mar 5 – Apr 23
5:30-7:00pm
(8 weeks \$112)

Yoga for Healthy Aging

Thursdays Mar 7 – Apr 18
9:15-10:30am
(7 weeks \$84)

Gentle Yoga

Thursdays Mar 7 – Apr 18
11am-12noon
(8 weeks \$70)

To Register call Genia 722-3239