

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 May 14 – June 25
5:30-7:00pm
(6 weeks \$84)

Yoga for Healthy Aging

Thursdays May 16 – June 27
9:15-10:30am
(7 weeks \$82)

Gentle Yoga

Thursdays May 16 – June 27
11am-12noon
(7 weeks \$70)

To Register call Genia 722-3239