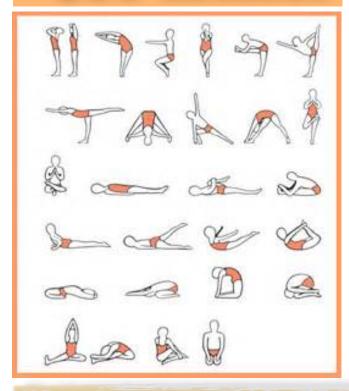
FOUNDATIONS OF HATHA YOGA

SATURDAY OCTOBER 19TH 1:00-400PM \$30 ADVANCE





Breaking down the foundations!

COME AND EXPLORE YOUR PRACTICE TO UNDERSTAND:

- * BASIC ANATOMY PELVIS, HIPS, SHOULDERS, ABDOMEN & SPINE
 - * HOW TO USE YOUR STANDING BALANCING FOOT & LEG
 - * DISCUSS & PRACTICE OF PRANAYAMA BREATH CONTROL
 - * STEPS FOR INTERMEDIATE/ADVANCED LEVEL OF POSES

* Q & A WITH APPLIED PRACTICE

*OPTIONAL INTERMEDIATE/ADVANCED PRACTICE

from 4:15 - 5:15 PM -Additional \$10