

Beginner Yoga Series

New to yoga?  This is for you!



Angela Drew

3 Saturday Sessions:

Dates: September 13, 20, 27

Time: 1-3pm

\$40 per session

or attend all 3 at 10% off!

Develop the essentials of your yoga practice in a fun, supportive environment and with expert guidance!

You will learn:

- Fundamental poses
- Proper alignment
- Yogic breathing
- How to modify poses
- How to use props
- What yoga style(s) match your goals!

*No prior experience
necessary*

Yoga For Beginners World Series Prices

Chao Zhang



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