

YOGA for BEGINNERS

Winter 2012 Schedule



***Revitalize your body,
Refresh your mind,
Renew your***

Free Introductory Class Jan 3

Session 1: Jan 10 - Feb 14

Session 2: Feb 21 - Mar 27

Tuesdays 6:00-7:15 pm

Lynne Paterson,
certified Anusara Yoga instructor

'Yoga for Beginners' courses will get you off to a great start. I'll teach you basic Anusara yoga poses, alignment, breath & relaxation to reduce stress, increase strength and flexibility.

You will feel better and look younger in only 6 weeks!!

Anusara-yoga is nourishing, uplifting and supportive.

6 week course \$80/person; pre-registration required; send payment by mail.

PRAKĀŚA YOGA STUDIO

152 Ball Road Goshen

413-268-7151

Full Schedule Online

www.prakasayoga.com

PraKāśa



YOGA STUDIO