



Beginning Hatha Yoga Series

This 4 week series is ideal for the beginning student or those returning to the practice of yoga. A variety of fundamental poses (asanas), along with breathing techniques (pranayama) and basic yoga philosophy will be taught.

Session I – January 4th–January 25th
Session II – February 1st–February 22nd
Session III – March 1st–March 22nd
Session IV – April 5th–April 26th

Mondays 7:15–8:15 p.m.

4 weeks \$50.00

Pre-Register and Prepay online

Kriyayogacenter.com

