

generations yoga center™

Introduction to Yoga Series *All ages welcome!*

Fee: \$65

(Generations Yoga Intro to Yoga Workbook included)

This class is designed specifically for those individuals with little or no yoga experience. It can also be a great refresher for those who haven't stepped onto their mat for quite some time and are preparing to resume their practice. *In this four class series you will learn...*

- **breathing techniques** to help create body awareness while relaxing the mind
- **basic sitting and standing poses**
- **sequencing** that can be applied to your home practice

Through this class, students will be introduced to the fundamentals of a basic yoga class and will receive the essential knowledge needed to comfortably participate in any of our beginner classes.

Intro to Yoga with **Rebecca**
Sunday's / 12:00 – 1:15pm
(SE-150)
4 weeks / Feb28th to Mar21st



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