

wellspring YOGA

Introduction To Yoga

4 Week
Class Series
Saturdays

Feb. 4, 11, 18 & 25

12:15 – 1:45 p.m.

\$68

You don't have to be able to tie yourself in knots or stand on your head to experience the sense of vitality and calmness that yoga provides! 90% of the benefits of yoga can be obtained through the practice of simple basic poses that are accessible to nearly everyone. In this beginning level class, students will be taught the fundamentals necessary to begin the journey of yoga safely and with confidence. Modifications of classic poses will be offered as necessary. The class atmosphere is relaxed and offers individual attention.

5500 San Mateo NE • 881-2187 • www.wellspringyoganm.com

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