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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Intro to Yoga Workshop

Ages: 9<sup>th</sup> grade through adult

### About the Program

Not only for beginners but for anyone new to yoga or for those who would like to learn more. Join us as we learn about yoga pose alignment, adjustments, and adaptations. What should you expect to learn?

- Basic yoga postures and alignment
- How and when to use props
- Benefits of certain postures
- Hands on assists to help you obtain your postures and full benefit of the pose!

### Program Dates

February 1, 2018  
February 15, 2018

### Days and Times

Thursday  
5:30-6:30 PM

### Additional Information

- Sign-up required  
Class limited to 15 participants
- Dress comfortably
- Mats, blocks, and straps are available for use

### Fees

Members: no fee

Program Members: daily fee

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