

Beginner Yoga

5 Week Series



Workshop

Mondays

April 26 thru May 24, 2021

7 - 8pm

Offered

In Person (Space is Limited)

and

Live Virtually (Space is Unlimited)

\$75 cash/check or \$77.55cc

(Add \$5 if you register after April 18th)

Pre-registration is required

What to know:

- Dress in comfortable clothing and bring a mask.
- Bring a yoga mat (no thicker than 1/4")
- Bring 2 blocks (4") if you have
- Bring water
- Have an open mind
- The five weeks must be taken consecutively and can not be transferred or made up at a different time.

This is a five week series for those who would like to start yoga or would just like a refresher on yoga foundations.

Having the proper foundations is important in yoga, as a good foundation will help your practice grow, flourishing into many new poses.



Creative Actions Yoga

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