

# Beginner Yoga

## 5 Week Series



## Workshop

Wednesdays

July 14 thru August 4, 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 July 6)

**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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