



FOUNDATIONS SERIES

Fall Session

September 7th 2014

Sundays 12:15-1:15pm

8 classes for \$108

Students with a valid ID classes are \$10

Learn the ABCs and 123s of yoga in order to build a stable and safe foundation and a balanced yoga practice. Students will learn introductory poses with a focus on proper alignment. In 8 weeks students will develop greater body awareness and a glimpse of the benefits yoga can provide to the body and the mind.

Amita Bhagat, Director, completed her Yoga Alliance teacher training at the Center for Yoga of Seattle- an Iyengar yoga school and has received scholarships to further her study of yoga. She studies in India with her teachers at the Ramamani Iyengar Memorial Yoga Institute in Pune, India, the home of BKS Iyengar. She is preparing for Iyengar certification in 2015 with her mentor, internationally renowned and senior Iyengar teacher, Lois Steinberg. She travels frequently to study with senior Iyengar teachers in the US and abroad.

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