

beginning yoga for 50+

6 week semester w/ann beattie



SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga
Meditation & Movement*



six week semester: summer 2011

saturdays: july 2nd - august 6th

class time: 8:30am - 9:45am

price: \$80 for 6 weeks

"BASICS FOR BOOMERS"

Yoga can support our bodies and minds as they continue to change and mature. Learn techniques to become more alert, insightful, and vibrant. In this course we will explore the fundamentals of seated, standing, and balancing poses while focusing on breath awareness and control. By practicing yoga one step at a time, we can increase strength, flexibility and a greater sense of well-being. A deep relaxation and short meditation completes each class.

PRE-REGISTRATION REQUIRED. Mail check with this form to Sangha Yoga

Name(s) _____

Contact # _____ E-mail _____

Please write class dates, the number of attendees, and total payment enclosed:

Beginning Yoga 50+ Class Date _____ # of participants _____ x (\$80) _____



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WWW.SANGHAYOGA.COM