

continuing yoga

4 week semester w/kara aubin



SANGHA YOGA

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

semester classes: spring/summer

four week semester: \$50 or \$14 drop-in

CONTINUING YOGA

Yoga can be defined as "Skill in Action". This 4 week intensive semester offers beginner and returning yogis an opportunity to deepen and advance their yoga practice, while experiencing it from a place of skillful action. Taught in the Tantric Hatha style; this class is ideal for building strength, flexibility and mental focus. Students will expand their asana (physical posture) practice, be introduced to pranayama (breath) techniques, and gain exposure to meditation methods.

all class times 5:30pm – 6:45pm

upcoming start dates:

May 5- May 26: four Wednesdays

August 4 - August 25: four Wednesdays

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:

Continuing yoga dates _____ # of participants _____ x (\$50) _____



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WWW.SANGHAYOGA.COM