

# alignment based **yoga class**

8 week semester with mark duval



## SANGHA YOGA

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



8 Week Semester Classes: \$95

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Thursday Nights: 6:30-7:45pm

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### **ALIGNMENT FOR HATHA/VINYASA**

“Hatha Yoga” is commonly understood as the seated, lying, and standing yoga postures. “Vinyasa” often implies flows of postures linked together with the breath like sunsalutations. - This class will focus on the principles of alignment and form inspired by the Iyengar and Anusara Yoga traditions. Learn how to maximize the effect of poses using various props. Beginners welcome.

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### **Upcoming Class Dates**

April 30<sup>th</sup> – June 18<sup>th</sup>

July 9<sup>th</sup> – Aug. 27<sup>th</sup>

September 3<sup>rd</sup> – Oct. 22<sup>nd</sup>

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

Name(s) \_\_\_\_\_

Contact # \_\_\_\_\_ Email \_\_\_\_\_

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

Mark Duval: Class Dates \_\_\_\_\_ # of participants \_\_\_\_\_ (X) \$95 = \$ \_\_\_\_\_



SANGHA YOGA

**Mall Plaza** 157 S. Kalamazoo Mall, Suite 140 :: Kalamazoo MI 49007 :: (269) 232-0983 :: [www.sanghayoga.com](http://www.sanghayoga.com)