



Shenandoah Yoga

Introductory Yoga Classes

Tuesdays, January 12, 19 & 26, 2010 from 7:30 to 9:00 pm

Interested in yoga? An experienced instructor will teach introductory yoga poses and basic breath work and meditation techniques.

Schedule

Jan. 12: Basics & standing poses

Jan. 19: Basics & seated poses

Jan. 26: Basics & supine poses

Come to any one or all three!

Costs

Pre-register for all three: \$33 (\$27*)

Pre-register for any one: \$11 (\$9*)

Drop in per class: \$12 (\$10*)

** Full-time student or senior rate.*

Pre-register by January 10

- Beginners welcome
- Friendly, supportive atmosphere
- Great classes for those returning to yoga after some time away.
- Reduce stress. Be healthier!
- Plenty of options will be given to accommodate students with differing flexibility and strength.
- Class size is limited.

Classes taught by Registered Yoga Teacher in central, downtown location with easy parking.

All classes at
135 South Main Street.
Harrisonburg, Virginia
(Above Shenandoah Bicycle Company)

For more info, questions or to register:
www.shenandoahyoga.com
info@shenandoahyoga.com
540-746-8468