YOGA BASICS

NEW TO YOGA OR WANT A REVIEW?

This 4 week series taught by Sandy Watters will include yoga postures (asanas), breath practices (pranayama) alignment, making yoga accessible for your body, intro to restorative yoga and principles of Hatha yoga

Sundays March 1,8,15,22,2020, 12:30-1:45 pm
Fee: 75.00 to register contact
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