

The Basics of Hatha Yoga

with Mindy Candee
at The Pilates Studio

Mondays: 9:00–10:30am.

8-week series. Drop-in okay, too.

March 12 – April 30 2012.

Taught in the adaptive Viniyoga tradition, this class will focus on the fundamentals of physical postures, breath and proper alignment in order to develop flexibility, strength and an increased sense of wellbeing. You will also learn about counter-posing and sequencing for developing a safe and effective home practice.

Beginner 8-week series: Perfect for beginners, this class is taught in an 8-week progression. If you are new to Yoga it is recommended that you attend the class as a series.

All levels: Open to students of any level who would like to review the basics and deepen their understanding of Yoga.

Cost for the entire 8-week series is \$90.00. Drop-in: \$13.00.

Please preregister for 8-week series!

Contact Mindy Candee: [719-221-1717](tel:719-221-1717) or
mindy@salida.net

at the

Pilates Studio

300 W. HWY 291

(New location)

For more information please contact Mindy Candee,
Certified Yoga Instructor, Certified Massage Therapist, Structural Integration Movement
Instructor