

STAFFORD  
HILLS CLUB

## *Yoga for Beginners* WORKSHOP SERIES

<b>DATES</b>	Saturdays Feb 10 <sup>th</sup> to Mar 17 <sup>th</sup>
<b>TIME</b>	11:15am-12:30pm
<b>INSTRUCTOR</b>	Cindy Lewis
<b>LOCATION</b>	Yoga Studio
<b>PRICE</b>	\$135 Members / \$165 Guests

We know Yoga offers the balancing effects of a calm mind and strong body; but where do you begin? If you always wanted to incorporate more yoga into your wellness routine but feel you just don't know the basics, please join us for our Yoga for Beginners series. Learn the basic sequences and transitions used in Vinyasa classes and understand how this practice naturally strengthens our muscles while creating more stability in the joints.

This 6-week workshop is perfect for beginners as well as intermediate/advanced students looking to revisit poses or to develop strength between the poses.

*Register now on the Stafford Hills app or at the Front Desk. This workshop can be used as Continuing Education with the Yoga Alliance.*

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