

STAFFORD HILLS CLUB

YOGA FOR *Beginners*

Fridays Oct. 4th-Nov. 8th
12:15pm-1:15pm
\$105/Member
\$125/Guest
with Cindy Lewis

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 poses, breathing & meditation practices used in Yoga 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.

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



CINDYL@STAFFORDHILLS.COM

503.612.2400

WWW.STAFFORDHILLS.COM