

EXPRESSION OF DANCE
6 WEEK YOGA CLASS WITH JACKIE
Tuesday Mornings 9:30-10:15
October 17-November 21

\$75 for six week series / \$15 for drop in
Enroll online by October 11 to reserve your spot
BYOM (Bring You Own Mat)



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6 WEEK YOGA CLASS

This yoga flow class is for those who are new to yoga, new to vinyasa flow, or need a slower pace. Appropriate for the absolute beginner as well as the more seasoned practitioner who wants to refresh their understanding of the fundamentals. Through mindful movement and attention to the breath, you will learn safe alignment in basic poses and sun salutations.