

Beginner Yoga Series

Thursday evenings 6:30 – 7:30

January 5 through February 9

6 class series - \$60.00

This series is designed for anyone that has considered taking a yoga class but didn't know where to begin. Over the 6 week series students will learn proper alignment techniques for yoga poses. Each class will focus on 1 of the 5 Universal Principles of Alignment and the 6th class will pull everything together. Students will learn correct names and alignment for basic yoga poses. Moving at a slow, steady pace, a general sequence of poses will be repeated allowing the poses and techniques to be absorbed.

Each class will begin with a short centering to help students relax before practicing. Warm up poses, standing poses, standing balance poses, forward bends, back bends and twists will be taught with correct alignment and breathing techniques. All classes conclude with a short restorative pose.

To enroll, please call or email Vicky Smith: 704-574-0782,
Vicky @ waxhawyoga.com .

