

series class ~ spring 2017



## 4 week series

day	tuesdays
time	5-6 pm
session 1	4/11, 18, 25, 5/2
session 2	5/9, 16, 23, 30
price	\$60
	<i>3-wk prorata available</i>

# yoga 101

## build confidence, strength & flexibility

this 4-week beginner series starts with the fundamentals of yoga, in a safe and engaging environment. you will learn yoga etiquette, breathing, alignment, use of props, basic postures, and relaxation techniques. the beginner series is taught in a sequential manner to help instill confidence, strength and flexibility. following completion of the series, you will feel comfortable attending a public yoga class and be well-informed of how to find the right class for you!

week 1: etiquette, breath, movement & sun salutations

week 2: warrior series & standing poses

week 3: simple backbends & twists

week 4: seated poses & forward folds

*all levels welcome, no previous experience required*

## with heather cauley

in the beginning stages of heather's yoga journey, she realized the fundamentals of the practice were overlooked. this inspired her to create a way to introduce the basic elements of the yoga practice (and more) to those who may be curious about the what and why and how of yoga. she enjoys teaching beginners and she makes every effort to introduce yoga to as many people as possible, while helping them feel at ease rather than intimidated when walking into a class.



 **yoga source**  
inspiration for transformation  
3122 w cary st ste 220 richmond va 23221

to enroll  
804-359-9642  
[www.yogarichmond.com](http://www.yogarichmond.com)