

# Yoga

## Yoga 101:

### Beginner Yoga Workshop

Presented by **Becky Jensen, RYT**

**Have you wanted to try out a yoga class but feel unsure about whether you will be able to follow along?**

This two-part workshop is for beginners and those that want a more thorough review of the fundamentals. We will break down the basic poses focusing on alignment, breathing and appropriate modifications of poses. You will leave with the knowledge you need to step into a Hatha yoga class with confidence.

You may attend any part of this series.

**Days:** Sundays

**Time:** 1:00–3:00PM

**Dates:** February 1 & 8

**Fee:** 1 Session \$30

2 Sessions \$50

Please sign up at the main desk, full payment for each workshop required to secure your space. For more information contact Basil Jones at [bjones@sawmillclub.com](mailto:bjones@sawmillclub.com) or visit our website [www.sawmillclub.com](http://www.sawmillclub.com)

### Yoga 101: Beginner Yoga Workshop

Name \_\_\_\_\_ Member No. \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Workshop(s) attending:

- Yoga 101: Part 1, Sunday, February 1
- Yoga 101: Part 2, Sunday, February 8