

# Calling All Yoga Beginners



## Yoga 101 Workshop

Sunday, September 17

Noon-2:00pm      Cost \$30

Registration open until 9/16

**Yoga 101 is a combination of Asana, Pranayama, Relaxation Techniques and Meditation. Taught in the tradition of B.K.S. Iyengar, this practice will include 15 of the most beneficial poses taught in a healing, non-threatening style.**

*Guided by Peggy Breeze, ERYT-500 and Yoga Therapist, Ayurveda Practitioner, Personal Trainer, Pilates and Cycle Instructor.*