

Beginner to Intermediate

VINYASA FLOW

# YOGA

Led by **Amy Trainer**

**TUESDAY evenings beginning June 5<sup>th</sup>**

- 5:30 Doors Open
- **5:45 – 7:00** Yoga Class

at the *Dance Workshop II Studio*

[between Vic's & Second Act]

Introductory Special: 3 classes for \$24

Single Drop In: \$9

\*\*trading possible upon request

\*\*Please bring: yoga mat, large towel, and an empty stomach [light snack up to 3:30]

*Amy Trainer* is a 10+ year yoga practitioner with training in the Sivananda style of vinyasa flow. She has studied Iyengar, Ashtanga, Bhakti as well as other forms which she incorporates into her practice. Amy's relaxing yet energizing style is an empowering blend of yoga fundamentals focusing on a greater awareness of your breath and internal energy sources which often results in enhanced strength, wellness and clarity within your body, mind & spirit!

Call Amy at 298-2369 for more information or to reserve your spot

