



YOGA FOR BEGINNERS!

5-week session from May 15 – June 12

Wednesdays 6:00-7:00 pm

These classes will lay the foundation for a basic practice using the fundamentals of yoga with an emphasis on health enhancing alignment and breathing. Create a more vibrant body, calm mind, and open heart through yoga!

Best to bring your own yoga mat, however, we do have some at the studio to borrow.

Location: Shakti Yoga 63 Main St., Geneseo

Fee: \$50 for the 5-week session

Email us to reserve your spot. Payment via PayPal on website or by check mailed to: Shakti Yoga, PO Box 515, Geneseo, NY 14454



Teachers: Sheri Kreher, RYT 200, Paul Kreher, DPT and Cara Britton, LMT

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