

CLASSIC YOGA

- Focus of the Yoga classes will be conscious breathing and body movement.
- Yoga taught is in the lineage of T. Krishnamacharya and TKV Desikachar.

Some Benefits of Classic Yoga

- *reduce stress levels*
- *improve ability to focus and concentrate*
- *improve self-knowledge and capacity for self-care*
- *experience a more relaxed state of mind that supports active rather than reactive responses*
- *learn simple tools and techniques for stress management, relaxation, and renewal*

www.mindbodyfoundation.org



When and Where:

Friday and Saturday mornings
beginning June 5.

9:00-10:00 a.m.

Sanchez Street Studios 1589

Sanchez St. @ 29th

**drop-in/ \$14.00, 4 classes for
\$52.00, 8 classes for \$96.00**

MIND-BODY FOUNDATION

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