



Pop Up

# Yoga Classes

This Fall, come one Friday a month for a special 2hr in-depth, workshop-style Yoga Class.

**SEPTEMBER 16**

## Intro to Yoga

Come learn the basics of Yoga. We'll explore class etiquette, props, poses, history, philosophy

**All Levels**

6:30-8:30PM

**OCTOBER 14**

## Arm Balances

Learn to fly! Strengthen and understand the fundamentals of your crow pose and side crow pose.

**Intermediate**

6:30-8:30PM

**NOVEMBER 18**

## Backbends

Tap into safe executions of your backbends, try new poses, and find variations that suit your body structure.

**Intermediate**

6:30-8:30PM

**DECEMBER 16**

## Yoga Salutations

Learn 4 main salutations in the Yoga practice. Unpack the poses and transitions of Sun Salute A & B.

**All Levels**

6:30-8:30PM