

yoga basics

with Pavel Bednarski

101

November 7 7:30 - 9pm

*Check in advance \$20
Just show up \$25*

A workshop designed for beginners
& refresher for those with
experience

We will cover:

- History of Yoga
- Practice & Lifestyle
- Mind & Body Benefits
- Sample Alignment

Followed by

- Breath Exercise
- Slow Flow Practice
- Meditation

*Bring a yoga mat (mats available)
Wear yoga/athletic attire
(changing rooms available)*

RED LOTUS YOGA

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