

# YOGA 101

*With Nicole Hudson*



## Beginner Yoga Series

If you have been curious about yoga but didn't want to walk into a class without experience, this is the class for you. This six-session series teaches the basics of yoga in a non-intimidating environment. We will focus on poses, alignment, and breath. By the end of the six weeks you will feel right at home on the mat. All levels are welcome!

Tuesdays

5:30pm -6:15pm

May 4, 11, 18

June 1, 8, 15

In the Mind & Body Studio

*\*Bring your own mat  
or you may purchase  
one at the Front Desk  
for \$20*



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