



52 B Wall Street, Huntington Village
www.bodyandsoulcenter.net

INTRO TO YOGA SERIES

A Preliminary Course for Beginners (Part One)

With Lauren Schumacher

This **12 week course** is based on the syllabus created by world renowned Yoga Master B.K.S. Iyengar, and taught at the Ramamani Iyengar Memorial Institute in Pune, India. Body & Soul is proud to offer this thoughtfully charted out program right here in Huntington!

A Preliminary Course is specifically designed for beginners and newcomers, establishing a firm base from which the students can grow with confidence and clarity along the path of Yoga. A variety of postures called asanas are included to achieve the goals of improving the body structure, creating freedom and movement in the joints, strengthening the muscles, and toning the internal organs and nervous system. These are only a few of the benefits that Yoga has to offer.

Sign up for A Preliminary Course yourself, or give this package as a gift to someone special! We look forward to an auspicious beginning of a new practice and a new year!!

SUNDAYS

11:00am – 12:30pm

Starts January 8th

\$99

Pre-registration required.

Call 631.385.4664

Please wear comfortable clothing and please no food 2 hours before class time.