Intro to Yoga Workshop

Beginners: Learn the Basics of Breath, Posture & Awareness

January 25 – February 15 (1/25, 2/1, 2/8, 2/15)

Weekly on Mondays

6:30PM – 7:30PM

$125 per person for all 4 weeks (includes weekly take-home handouts)

Beginning Yogis: This is a great introduction if you're at all apprehensive about taking your first Yoga class, as you'll be in the company of other first time yogis, just like you! No pressure as we have fun learning and exploring basic postures, breathing technique and building your confidence in a small group setting - YOU CAN DO THIS! Or perhaps you've already taken some classes and would like to spend more quality time learning the basics and how to move safely and smoothly from pose to pose as the foundation of any practice.

E-RYT500 Instructor Sandy will walk you through the essentials to begin, or strengthen, your Yoga experience so that you can feel comfortable and confident in your body and in your practice:

- Pranayama Breathing : What it is and how to use the technique properly
- Foundational Postures: Proper positioning and alignment for basic postures as the foundation of any Yoga practice
- Putting It All Together: How to move safely from pose to pose with the use of props, patience, awareness and grace

You will receive one-on-one attention and leave this workshop feeling strong and energized for your next class!

Pre-register, space is limited: https://www.updogyoga.com/workshops/rochester-workshops

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