

Yoga for Beginners

An 8 Week Introduction to Ashtanga Yoga

Learn effective techniques to become fitter, stronger, healthier, and calmer.



Ashtanga yoga is a dynamic form of yoga which incorporates synchronized movement and breath (vinyasa) to promote safety and ease in one's body.

This course will focus on releasing tension, creating internal strength and proper breathing. Standing postures, forward bends and twists will be the focused exercises to promote:

- Detoxification
- Body suppleness and strength
- Stress reduction
- Mental awareness for clearer thinking

After this course, the student will be prepared to move to a level 1 course with confidence.

Limited to 16 Participants
Cost \$ 80.00
(price includes tax and yoga mat rental)



Julien Gagnon
April 12 - June 7, 2010
Mondays 7:15 - 8:45 pm



Sheryl Hoo
March 30 - May 18, 2010
Tuesdays 6 - 7:30 pm



Vanessa Salvatore
April 6 - May 25, 2010
Tuesdays 7:15 - 8:45 pm



Jeanne Mudie
March 20 - April 24, 2010
6 weeks only \$65
Saturdays 2 - 3:30 pm

Ashtanga Yoga Montreal

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www.ashtangamontreal.com