

In-Studio & Video Recorded:
Yoga Basics Body & Breath 6-Week Class Series

Wednesday June 14th – July 19th | 10-11 AM

Video Recordings Available until July 31st!



Has it been a while since you last practiced yoga? Are you new to yoga and ready to learn the basics?

This 6-Week Class Series is for those new to yoga or a refresher for those who would like to review the basics.

Students Can Expect:

- **Practice & learn** postures for stretching and strengthening the body
- **Improve** body awareness, balance, and focus
- **Learn** how breath is connected to movement. Using inhale and exhale to move in and out of postures
- **Explore** variations of postures with awareness of bodily differences
- **Adaptations** for those students who may have physical challenges

In Each Session You Will Experience:

- **Begin** with a gentle body warm up while awakening your mind
- **Practice** yoga postures for your back, hips, legs, abs, shoulders, neck and upper body
- **Focus** on body awareness through breath-centered movements
- **Conclude** with a warm down and relaxation

Can't Make the In-Studio Sessions?

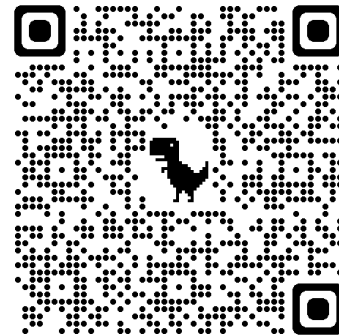
- Register to receive access to the 6-week series **video content until July 31st!**



Jean Dehn, RYT-200 Jean has been practicing yoga for over twenty years. She completed the River Flow certification in August 2022. She would like to share the exploration of mind, body, and soul through yoga with others.

More Details + Register Here:
www.5koshasyoga.com/events

Easy Way to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link. You'll be directed to the registration links!



FEE: \$60 for the 6-Week Series!

- **Early Bird Special Price: \$50** expires June 9th | Discount Code: YOGABASIC10
- **Studio Members Price: \$50** expires June 12th | Discount Code: YOGABASICMEMBER
- **Health Care Worker or Educator Price: \$50** expires June 12th
Health Care Workers Discount Code: YOGABASICHEALTH
Educators Discount Code: YOGABASICTEACH

In-studio classes have LIMITED spacing available 8 spots total.

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com