



# Introduction to Yoga

*4-week series*

## Perfect for anyone new to yoga!

This four-week series provides a solid foundation in the essential yoga poses.

- One class a week for four weeks (classes are 75 minutes each)
- Learn the basic yoga postures and breathing techniques
- Become stronger, more flexible and more relaxed
- Each class is taught by a different instructor so you will get the feel for different teachers
- Once you have completed the intro series you will have the option of purchasing 5 classes for \$50 (credits expire 2 months from the date of purchase)

We highly recommend scheduling a private lesson before registering for our Intro to Yoga series for anyone not able to kneel on all fours or with any other physical limitations.

**\$60 for 4-week series**

Register online at [beverlyyogacenter.com](http://beverlyyogacenter.com)

## OCTOBER

*Wednesday 4-week series*

October 16 - November 6  
5:45 - 6:45 pm

*Saturday 4-week series*

October 19 - November 9  
12:00 - 1:00 pm

## JANUARY

*Wednesday 4-week series*

January 15 - February 5  
5:45 - 6:45pm

*Saturday 4-week series*

January 18 - February 8  
12:00 - 1:00 pm



**Beverly Yoga Center**

*May the practice of yoga and meditation cultivate kindness,  
compassion and care for your mind, body and heart.*

1917 West 103rd Street, 2nd floor | 773.239.9642  
[www.beverlyyogacenter.com](http://www.beverlyyogacenter.com)