

## Beginners Yoga Course

*Instructor: Karen Kennedy*

**General level, beginners welcome!** This six week course is to learn how to safely move using classical yoga postures and yogic breathing techniques. Relax, stretch, strengthen and focus.

(Please bring your own yoga sticky mat and a thin blanket for padding. Please wear comfortable clothing you can move and stretch in. We practice in bare feet. Avoid eating a large meal two hours prior to class.)

**Code 2023    Session 1: Oct. 12-Nov. 16, 2011**

**Code 2024    Session 2: Jan. 11-Feb. 15, 2012    CANCELLED**

**Code 2025    Session 3: Feb. 22-Marc 28, 2012**

**Time/Place: WEDNESDAYS** only from 6:30 p.m.-7:45 p.m. in the K-8 cafeteria

**Fee: \$45 per session or \$10 drop in fee** (minimum of 5 people pre-registered for the class to go)



[www.lacenterschools.org](http://www.lacenterschools.org)

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Last updated – 1/9/2012