

BACK TO YOGA BASICS

WITH ROWENA MACNAB

WEEKDAYS AT IPC

TUESDAYS 5:30 PM & THURSDAYS 8:30 AM

Starting in September, the IPC yoga group will begin an 8 week "Back to (Yoga) Basics" series of classes. This is great for the yoga beginner and regular practitioner as well. These slower paced classes will focus on proper breathing techniques, correct alignment and learning a sequence of poses that will empower the student with the tools needed for independent practice.

The same class is taught on Tuesday and Thursday each week so if you only come to one you will not miss anything.

CONTACT

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