



## INTRO TO YOGA CLASS

This 6-Week introductory class is perfect for total beginners and those who want to spend more time on the basics. This class is the place to start for anyone interested in beginning Yoga or reconnecting with their practice. It establishes a solid foundation for the practice of yoga, including detailed instruction of yoga poses, breathing techniques, relaxation and yoga philosophy.

**START DATE:** Monday, September 13 **(No Class 10/4)**

**END DATE:** Monday, October 25

**TIME:** 7:30 - 8:45pm

**COST:** \$60 for 6 weeks

- **Payment due with Registration**
- **Space is limited – please register early to reserve your spot!**

**Name:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

Please hand in or mail your registration form and payment made payable to: **KAREN KENNEY**

**QUEST YOGA STUDIO • 114 DOVER ROAD • CHICHESTER, NH 03258**

**WWW.QUESTYOGA.COM**