

Yoga for Beginners

An 8 Week Introduction to Ashtanga Yoga

Learn effective techniques to become fitter, stronger, healthier, and calmer.



Ashtanga yoga is a dynamic form of yoga which incorporates synchronized movement and breath (vinyasa) to promote safety and ease in one's body.

This course will focus on releasing tension, creating internal strength and proper breathing. Standing postures, forward bends and twists will be the focused exercises to promote:

- Detoxification
- Body suppleness and strength
- Stress reduction
- Mental awareness for clearer thinking

After this course, the student will be prepared to move to a level 1 course with confidence.

Cost \$ 100.00

(price includes tax and yoga mat rental)



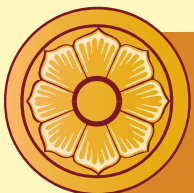
Julien Gagnon
Jan. 16 - Mar. 5 2012
Mondays 7:15 - 8:45pm



Sheryl Hoo
Jan. 10 - Feb. 28 2012
Tuesdays 6 - 7:30pm



Julien Gagnon
Jan. 26 - Mar. 15 2012
Thursdays 7:15 - 8:45pm



Ashtanga Yoga Montreal
372 Saint Catherine Street west #118
(514) 875-9642