



**SAGE HILLS
YOGA & MEDITATION CENTER**
535 SOUTH MAIN STREET
CEDAR CITY, UTAH
435 867 YOGA (9642)
WWW.SAGEHILLSYOGA.COM

HOW TO DO IYENGAR STYLE YOGA!

8 WEEK SERIES OCTOBER 8 – DECEMBER 3

(WE WILL BE SKIPPING NOVEMBER 26 FOR THANKSGIVING)

WEDNESDAYS 5:30 – 6:30

TAUGHT BY YOGA INSTRUCTOR KAREN HUGHES

- ❖ NEVER DONE YOGA? SEEMS INTIMIDATING?
- ❖ CONCERNED THAT A CURRENT HEALTH ISSUE OR AILMENT WILL KEEP YOU FROM BEING ABLE TO PRACTICE YOGA? OR BEEN RECOMMENDED BY YOUR DOCTOR TO ADD YOGA AS PART OF YOUR INTEGRATIVE HEALTH CARE PROGRAM?
- ❖ HEARD ABOUT THE BENEFITS OF YOGA AND WANT TO KNOW WHERE TO BEGIN?
- ❖ WANT A SIMPLE, PEACEFUL, AND QUIET WAY TO RELAX?

THIS CLASS WILL BE A GREAT START FOR ACCOMPLISHING YOUR GOALS!

THIS IS A BASIC BEGINNER'S SERIES THAT IS ALSO SUITABLE FOR SOMEONE WHO HAS BEEN PRACTICING FOR A WHILE AND WOULD LIKE MORE INFORMATION ABOUT THE IYENGAR STYLE OF YOGA.

THIS SERIES WILL BE GENTLE AND THERAPEUTIC, USING THE PROPS (BLANKETS, BLOCKS, STRAPS, CHAIRS AND EVEN THE WALL!) TO TEACH YOU HOW TO KEEP YOUR BODY SAFE AND COMFORTABLE!

STEP BY STEP, KAREN WILL GUIDE YOU THROUGH THE "HOW TO'S" TO DEVELOP A SAFE YOGA PRACTICE THAT IS SPECIFIC AND BENEFICIAL TO YOU!

**AFFORDABLY PRICED AT \$8 PER CLASS
TOTAL AMOUNT FOR THE SERIES IS \$64**

**ADVANCE SIGN UP AND PAYMENT IS REQUIRED!
PLEASE SIGN UP BEFORE OCTOBER 8TH!**

A REGULAR PRACTICE OF IYENGAR STYLE YOGA INTEGRATES THE BODY, MIND, AND EMOTIONS TO ACCEPT YOUR BODY AND SELF WITH PRESENT MOMENT AWARENESS. OUR CENTER IS COMFORTABLE, SPACIOUS AND PEACEFUL. THE PRACTICE OF YOGA CREATES VALUABLE TOOLS TO DE-STRESS; GAIN FLEXIBILITY AND STRENGTH.

YOGA HAS BEEN KNOWN TO CREATE GOOD HEALTH AND HAPPINESS.

