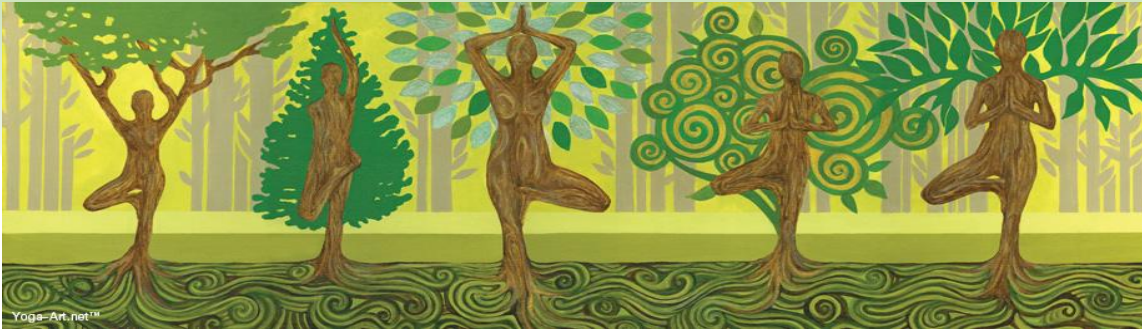


SACRED PATH YOGA

Flow Academy for Newbies

When was the last time you tried something New?



If you have been curious about yoga but are hesitant to come into class without any experience than this is the place for you! Come join Melody Roberts, E-RYT 500, for a 4-week series for those new to yoga. The series will build off of the Fundamentals workshop, *"The Journey Begins: Fundamentals of Movement and Flow."* Each week will provide a one and a half hour session where we will break down and go a little deeper into certain fundamentals of a vinyasa flow practice that could only be highlighted in the time constraints of a 2 1/2 hour workshop. You will gain more insight and practice with ujjayi breathing, mountain pose, alignment, balance, and integration.

Jan. 21st - Feb. 11th

SUNDAYS
12:30-2:00pm

\$ 90
Investment
For 4-Week
Series



To register please log onto www.sacredpathyoga.com go to the schedule page and click the "Live Schedule Button," then click "Enrollments" tab. Studio: (815) 744-3390

Sacred Path Yoga | 1146 W. Jefferson St. Shorewood, IL | 815-744-3390
Located in Hammel Creek Commons Shopping Center behind the Walgreens
Please note all workshops and series are nonrefundable and nontransferable