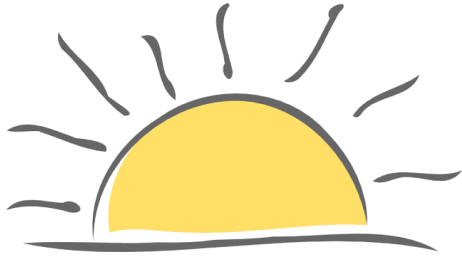


Early Morning & Evening Yoga



Tuesdays & Thursdays, 6:30 am - 7:30am

Sunrise Flow with AshleyAnne Brown

Awaken your breath and body with the sun. This open-level practice will allow students to start their day grounded, energized and open through a balance of breath work and flowing movements. Enjoy the lasting effects of your practice throughout your entire day.

If there is adequate interest in this class, it will be added to the regular studio schedule beginning in December.

Tuesdays, 5:15 pm - 6:15 pm

Yoga Basics with Rebecca Kranc

A guided experience which will include warm ups, postures and breathing techniques to give students of all levels step by step instruction for each skill. There will be opportunities for students to learn and clarify details, add new postures to their repertoire and become more confident in their practice. Emphasis will be on body awareness, alignment and coordination of breath and movement with hands on assisting as needed.



This class is a great jumping off point to explore other yoga class styles and levels.

Tuesdays, 6:30 pm - 8:00 pm

Evening Zen Yoga with Laura Brennan

End of Day Yoga: this class is appropriate for all levels who want a quiet, end of day practice. Come explore a gentle, slow and mindful flowing practice to open the physical body along with restorative poses to quiet the mind and nourish the spirit. *This is a great place to begin a yoga practice or continue after learning the basics! This class is suitable for prenatal students as well.*



Full Schedule Online at www.BalanceSSI.com

