



Monday, January 2<sup>nd</sup> - Wednesday, March 7<sup>th</sup>

~10 week session \$130~

or

1/2-2/1, 5 weeks, \$70

2/6-3/7, 5 weeks, \$70

Judith combines the best of several yoga traditions into a relaxing and strengthening blend. Each class includes gentle warm ups, yoga pose instruction, breathing exercises, focusing, and deep relaxation techniques.

**Gentle Yoga**

An introduction for beginners and those looking for a relaxing experience. Calm the mind and strengthens the body gently. Improve flexibility, focus, balance, and posture. Learn easy yoga breathing and stress management tools for everyday living.

**Strengthening Yoga**

A more vigorous class for those wanting variety and challenge. Working dynamically, with a steady intent and mindfulness creates health benefits in profound ways. Energizes, empowers, and increases the capacity for deep relaxation.

**Women's Class**

A mixed-level class designed for women only. Gentle yoga for the first 30 minutes followed by strengthening poses and deep relaxation.

**Gentle Yoga**

<u>Time</u>	<u>Place</u>
Mon 7:30pm	Friends
Tues 6:00pm	Temple
Wed 9:30am	Friends

**Strengthening/Women's Yoga**

<u>Time</u>	<u>Place</u>
Mon 5:30pm	Friends
Wed 5:30pm*	Temple
Wed 7:30pm	Temple
*Women's class	

Friends = Friends Meeting House, 625 Tower Street, 27607 (Cameron Village)

Temple = Temple Beth Or, 5315 Creedmoor Road, 27612 (North Raleigh)

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Ask about Creative Payment Plans, Discounts, and Partial-Scholarships.

10% discount for new students

