

Sept 21 & 28
Oct 5, 12, 19 & 26
w/ SUE ELKIND

Intro to Yoga

6 week series

deepening studies course • Mondays 6:30-8:30PM

ALL LEVELS ARE WELCOME TO ATTEND.

Register at Yogaphoria: 215-862-4041 or see front desk

COST: \$120 BY Sept 5TH, \$140 AFTER.

This 6 week course is designed to give you all the tools necessary to develop a life-long healthy yoga practice. Each class will build upon the next-- exploring Universal Principles of Alignment for all the foundational yoga postures, as well as diving deeper into yoga philosophy, breathing, restoratives & meditation. Whether you are new to yoga or just want to expand on your understanding of yoga fundamentals, this course will provide you with what it takes to feel better in body, mind and heart.

SUE ELKIND

Sue has been teaching yoga for over thirteen years and was certified in Anusara Yoga in January, 2002. As a senior certified Anusara instructor, Sue has become nationally recognized for her inspiring, endearing, and detailed teaching method. Her passion for learning and incorporating yoga into all aspects of her life, including being a mother of two, creates an inexhaustible enthusiasm to teach from the heart. Sue & family happily moved to Bucks County, Pennsylvania after spending many years on the West Coast, where her teaching home is Yogaphoria in New Hope, PA.



540 Union Square, New Hope, PA 18938 www.yogaphoria.com