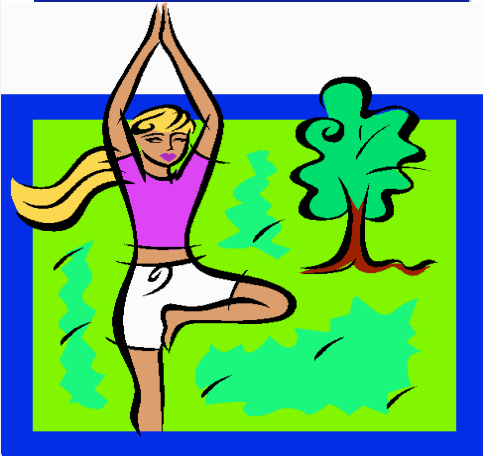


New Yoga at Kaye-Lynn Edison



Free Classes

Thur. Feb 2nd 10-11.15 am

Tues. Feb 7th 7- 8.15 pm

What to Bring

- Yoga Mat
- Small Towel
- Water Bottle
- Your SPIRIT

About Instructor

Samiksha Dubey (Sami)

has been teaching Yoga for 8 years now. Her yoga journey started from a yoga retreat in INDIA and since then she is continuing her education in yoga. She is certified in Power Vinyasa Yoga by the Yoga Alliance in Philadelphia and is a Registered Yoga Teacher from OM Yoga Center in India. She attended various yoga workshops to enhance her teaching skills.

Sami's teaching philosophy:

“I believe it to be of the utmost importance that students laugh and have fun, enjoying the time

they are dedicating to themselves, regardless of ability.”

All level Flow Yoga

Cost: \$75 (1st week FREE)
8 wk. session: 2/2 - 3/27
Drop in anytime : \$15

- Great for any level -- beginners to advanced
- Mat-based class
- Postures modified based on student's level
- Students advised to move gently through and within poses
- Pranayama (breath work), Asanas (movements) & meditation in each class

Benefits many but listed few:

- Improved balance and steadiness
- Improved posture
- Increased strength and resiliency
- Decrease in pain
- Improved flexibility and range in motion
- Reduction in stress