

YOGA



2010

Ten Weeks of Beginner and Intermediate Classes

Taught by Margaret J. Pittenger, M.S.P.T., R.Y.T. 200



Mondays 6:00 - 7:30 April 12 – June 14

The McMinn Clinic Studio 3125 Independence Drive Suite 102 Homewood AL 35209

Tuesdays 6:00 - 7:30 April 13 – June 15

Pittenger Therapies Studio 1933 Richard Arrington Blvd Suite 102 Homewood AL 35209

- Quiet breath work and yin yoga
- Small classes with personalized attention
- Warm up movements, relaxation and meditation
- Somatic movement clues guide you to the full ranges of motion needed for yoga postures
- Flow of connected movements organizing into yoga postures and quicker vinyasa sequences

\$150.00 per series

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Questions? Call 205-967 6975