

# Simple Routines For Everyday Life

# Yoga Basics

Are you looking for a way to regain flexibility? Would you like to let go of stress and just relax? Now might be a good time to start a yoga practice or to continue your practice in our safe and nurturing environment.

## What is Yoga Basics?

Yoga Basics is a series of **6 classes** that could start a transformation in your life. It is specifically designed as an entry level for beginning a yoga practice in your life. The instructions are simple and easy to follow.

## Who should take Yoga Basics?

Here are some indicators that may guide you:

- Are life's stresses getting you down?
- Are your mind and emotions on overload?
- Do you want to bring more balance and peace into your life?
- Do you need an entry level into yoga?
- Does your body need more flexibility?
- Are you just curious about yoga and meditation?

The imagery used for yoga on TV or in news articles steers people away from trying yoga. This Series is very easy and approachable, and is a wonderful, non-threatening way to enjoy the benefits of yoga.

**Series Fee: \$ 70.00**

Deposit Required

## What will I experience in class?

- Learn breathing techniques (pranayama) that are calming to your mind and emotions
- Learn to stretch in cooperation with the body (stretched and relaxed at the same time)
- Enter into guided postures (asanas), focusing on relaxation and body awareness
- Experience deep relaxations

## There are 3 Yoga Basics series — the Sun, Moon and Earth.

After attending the original Yoga Basics program several times students asked for more. So ... the Sun, Moon and Earth series were born. All three are Yoga Basics, each with specific content. Attend one or all three of the Yoga Basics series' in any order. Then, feel free to explore other classes here at the center. If you are not sure about a class, ask any teacher or the receptionist to guide you.

## Please Note:

Registration prior to the Series start date and a deposit are required. Please plan to arrive 10 minutes early on the day of the 1st class of the series.

The schedule for the Yoga Basics classes and the series start dates are listed on our website — [www.haddonfieldyogacenter.com](http://www.haddonfieldyogacenter.com)



CALL FOR INFORMATION: (856) 428-9955  
20 Haddon Avenue, Haddonfield, NJ 08033

[www.haddonfieldyogacenter.com](http://www.haddonfieldyogacenter.com)

E-mail: [info@haddonfieldyogacenter.com](mailto:info@haddonfieldyogacenter.com)