



SUNDAY MORNING YOGA

with Instructors, Denise Ikasalo & Victoria Rutledge

**SUNDAYS, NOVEMBER 20; DECEMBER 4; JANUARY 22;
MARCH 19; MARCH 26 & APRIL 9
10:45 AM - 11:45 AM**

A soothing, relaxing and strengthening yoga practice suitable for all levels. This class focuses on vinyasa style yoga, connecting breath and movement with an emphasis on foundation and alignment. It blends restorative yoga (supported postures) to guide you into relaxation and improved range of motion. This class is perfect if you want to strengthen, stretch and rejuvenate the body and mind. Modifications offered for beginners and more advanced practitioners.

Denise completed her 200-Hour Teacher Training with Meg Allen (JAI Yoga) through the Pure Warrior Yoga School. Victoria is certified in Vinyasa Flow and has trained at the Kripalu Center for Yoga & Health. She is presently the Manager at JAI Yoga in Albany.

Participants should wear comfortable clothes and bring a yoga mat and water bottle. Denise will supply the necessary props. Questions? Contact Jami Eisenberg - jamiandpete@gmail.com

Cost: \$12/Class

You Can Register On Line – go to www.bethemethalbany.org OR

Send your completed form along with your check made out to Congregation Beth Emeth;

100 Academy Road; Albany, NY 12208

ATTN: Deb Sokoler

Babysitting is available through The Parenting Center -- contact Deb Sokoler no later than the Wednesday before the class – 436-9761 x230 or dsokoler@bethemethalbany.org

SUNDAY MORNING YOGA AT BETH EMETH

NAME _____
PHONE _____ E-MAIL: _____

Check which program(s) you plan to attend: (EACH SESSION IS \$12/PERSON)

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| <input type="checkbox"/> November 20 (Victoria) | <input type="checkbox"/> March 19 (Victoria) |
| <input type="checkbox"/> December 4 (Victoria) – DATE CHANGE | <input type="checkbox"/> March 26 (Denise) |
| <input type="checkbox"/> January 22 (Denise) | <input type="checkbox"/> April 9 (Denise) |