

# INTRO TO YOGA

W/KIM KAPLAN

WEDNESDAY EVENINGS 7:15-8:45PM

SEPTEMBER 30 - NOVEMBER 4

COST FOR 6 WEEK SESSION: \$135.00



**In this six-week Program participants will learn ASANAS (postures), PRANAYAMA (breath), and simple MEDITATION TECHNIQUES, as well as yogic philosophy. Upon completion of the class, students will have an understanding of Yoga as a whole allowing for a smooth transition into Open Level Yoga classes. This class is for those with some yoga experience to none at all.**

Kim Kaplan RYT, is a Yoga Alliance Certified Instructor. Drawing from her twelve year Yoga practice and extensive Yoga studies, Kim creates a safe and nurturing environment for every student.

**Pre-registration required.  
Call or stop by the  
front desk to register.  
314-781-5050**

