

INTRO TO YOGA

W/KIM KAPLAN
WEDNESDAY EVENINGS
7:15-8:45PM

JUNE 30 - AUGUST 4

COST FOR 6 WEEK SESSION: \$150.00



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

Pre-registration required.

Minimum of 5 people required.

**Call or stop by the
front desk to register.**

314-781-5050



THE **PILATES & YOGA CENTER**
OF SAINT LOUIS

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