

# Introductory Yoga Course



## in the Iyengar Method

The basic yoga poses and relaxation will be covered at a comfortable pace, enabling home practice and continuation in the studio's public classes.

### Winter Session

Wednesday Evenings: Jan. 27 - Feb. 17, 2010  
5:45 - 7:00 p.m.

The Iyengar Method of Yoga can:

- \*develop proper postural alignment, strength, flexibility, balance, endurance, and body awareness
- \*reduce stress
- \*help manage pain
- \*revitalize and increase energy, circulation, and concentration
- \*enhance feelings of wellness

### Course Fee:

**4-class series for \$48**

To register, contact:

**BodyWise Yoga Studio**

**2244 Fourth Avenue (at Juniper)**

**San Diego, CA 92101**

**Phone: 619-238-1878**

**Email: [bodywiseyoga@cox.net](mailto:bodywiseyoga@cox.net)**

To ensure reservation, send check to BodyWise for \$48 and arrive at 5:30 Jan. 27th  
Wear shorts or tights & T-shirt.  
Must have ankle and knee bones visible.