

Ashtanga Yoga Class Series at Yoga Energy

399 Washington Street, Dedham, MA 02026



While attention grabbing for the gymnastic, contortionist, and acrobatic physical poses that practitioners learn to perform, Ashtanga Yoga (the original "Power Yoga") is designed to be a practice of incremental progress that builds strength, stamina and flexibility, as well as, patience, focus and grace. This will be a led Ashtanga Primary Series class (Questions? See the contact information below).

March 11 to April 29

More Information:

www.aflowyoga.com/blog

Info. / Pre-Register:

www.myogaenergy.com

Click on "Workshops"

Advance Registration: \$125

Drop-in: \$18 per class

Thursday Evenings

7:30 p.m. (90 min.)

Led Primary Series

Questions?

Awareness Flows Yoga: (617) 335-9317
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Yoga Energy: (781) 471-5225
info@myogaenergy.com