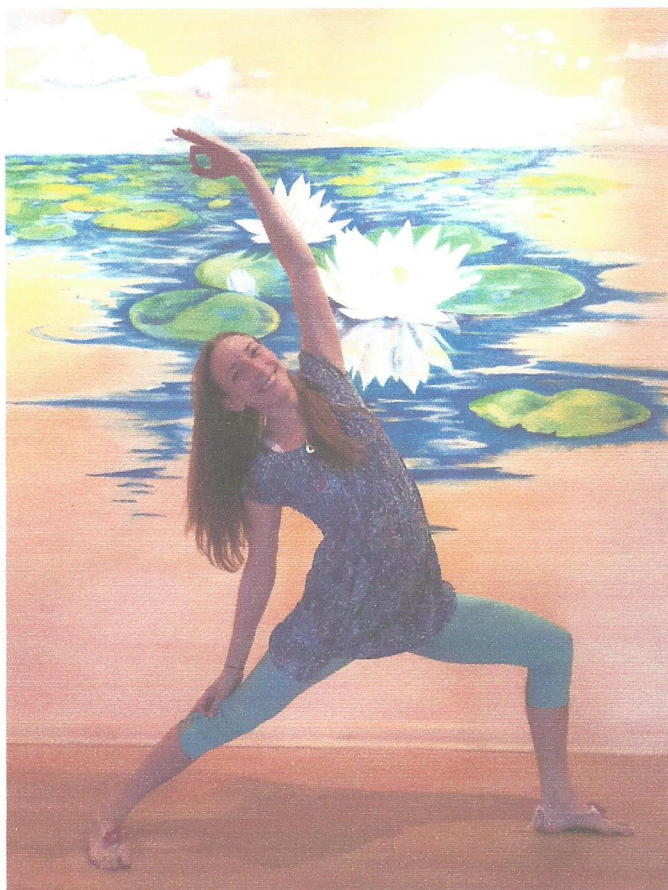


Sattvic Center presents *NEW Class Series!*

Progressive Yoga Classes



Spring Session Hatha Yoga



Progressive Hatha classes are for anyone who has a desire to thoroughly learn how to do Yoga. Taught in a slow and safe manner, the course will enable you to deepen your personal practice and knowledge as well as create community. The alignment, breathing, and poses build on each other every class. All levels and experience welcome.

Policy: There are no drop-ins permitted after the first 2 weeks of classes during a progressive session. If a student knows ahead of time they will miss a class they are permitted to attend another Yoga 1 class with the permission of the Instructor.

Yoga 1 Wednesdays 7:00p.m. - 8:30p.m. May 4th – June 29th \$162 (9 weeks)

Yoga 1 Sundays 10:30a.m. - 12:00p.m. May 1st - June 26th \$162 (9 weeks)

Yoga 1 Tuesdays 11:00a.m. - 12:30p.m. May 3rd - June 28th \$162 (9 weeks)

Contact Neve if you have any questions or would like to sign up for the spring session: cell: 757.663.6125 email: Nevegraceyoga@gmail.com

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