



## Ashtanga Yoga

A method of yoga involving synchronizing the breath with a progressive series of postures. This form of practice produces inner heat which acts as a cleansing mechanism to free up imbalances from within.

## **Basic Ashtanga Yoga**

Laurence Juthy, Instructor

**January 14 10:30 A.M.**

**January 21 10:30 A.M.**

**January 28 10:30 A.M.**

## **Niyama Yoga**

**Natural Grocers Lecture Room**

**972-931-6700**



Beginners are introduced to the basic components consisting of sun salutations and standing postures. One does not have to be an athlete to practice this method, but greater strength and flexibility is a natural outcome.