

# INTRO TO YOGA

April 23 to May 14

Sundays 1:30 - 2:30 p.m.

*Mind/Body Studio with Beth Chrismer*

## Intro to Yoga - Beginners Series

This series is a perfect entry-point for students who are brand-new to yoga and want to start at the beginning or for those who have struggled with basic techniques in the past. The series will introduce the fundamentals of alignment, breathing and mindfulness in foundational yoga postures and will lay the basic groundwork for students to comfortably step into scheduled classes.

Students will enjoy personal attention and hands-on refinements from our instructor to improve posture and comfort. This is a 4-week commitment, with students finishing the series participating in a Yoga 1 (or Gentle Yoga) class format.

To register or for more information, contact Nancy Parks at 903-323-6562 or [nparks@gsmc.org](mailto:nparks@gsmc.org).