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Ranch
Community Council



YOGA 101:

Time: 9:00 am – 10:00 am Tuesdays and Thursdays

Fall Session Dates: October 6 - November 19
(14 classes over 7-weeks)

Location: The Homestead Community Center

This basic yoga class is designed for those brand new to yoga or those with a beginner yoga practice. Learn how to incorporate yogic breathing techniques, body and spinal alignment and how to properly and safely work your body into different yoga postures including standing, sitting and balancing poses. This class will focus on stretching the larger muscle groups helping improve flexibility and decreasing risk for injury. Come with an open mind and open heart.

Please bring your own yoga mat, towel and water bottle.

Session Cost:

\$150 for 2 classes per week (14 classes total)

\$85 for 7 classes (one class per week)

To register please contact Ali at:

ali@zenergyyoga.net or call 480-628-3012

For more information about Zenergy Yoga, please
visit www.zenergyyoga.net