

YOGA 101



So you've heard all about the benefits of yoga: a better posture, stress management, flexibility, etc. You're sold, but the thought of joining flexible, experienced yogis keeps you far from the classroom.

If this sounds like you, then Yoga 101 is the perfect class to get you started.

This workshop is designed to teach you the names, form, and alignment of foundational yoga poses at a pace that allows for questions, comments, or concerns to arise. In a comfortable environment and at a manageable pace, you'll learn all the basics that make yoga fully accessible.

Thursdays • 6:00-7:00pm
January 11 - February 22 (no class 1/25)

Instructor: Kelly Carroll

\$70 members / \$95 nonmembers • Sign-up at the Front Desk

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

