



# SUNDAY MORNING YOGA

with Instructors, Denise Ikasalo & Kristi Plunkett  
& Sarah Seder

**SUNDAYS, OCTOBER 14; NOVEMBER 18; DECEMBER 2; JANUARY 13;  
FEBRUARY 10; MARCH 31 & APRIL 14  
10:45 AM - 11:45 AM**

A soothing, relaxing and strengthening yoga practice suitable for all levels. This class focuses on vinyasa style yoga, connecting breath and movement with an emphasis on foundation and alignment. It blends restorative yoga (supported postures) to guide you into relaxation and improved range of motion. This class is perfect if you want to strengthen, stretch and rejuvenate the body and mind. Modifications offered for beginners and more advanced practitioners.

Denise completed her 200-Hour Teacher Training with Meg Allen (JAI Yoga) through the Pure Warrior Yoga School. Kristi approaches yoga with a spirit of playfulness balanced with a sense of reverence. She has completed 200-Hour Teacher Training at Jai Yoga School. Sarah has been practicing yoga for 20 years & recently completed her 200 hour training at Jai Yoga School.

Participants should wear comfortable clothes and bring a yoga mat and water bottle.  
Questions? Contact Jami Eisenberg - jamiandpete@gmail.com

Cost: \$12/Class

You Can Register On Line – go to [www.bethemethalbany.org](http://www.bethemethalbany.org) OR

Send your completed form along with your check made out to Congregation Beth Emeth;

100 Academy Road; Albany, NY 12208

ATTN: Deb Sokoler

Babysitting is available through The Parenting Center -- contact Deb Sokoler  
no later than the Wednesday before the class - 436-9761 x230 or  
[dsokoler@bethemethalbany.org](mailto:dsokoler@bethemethalbany.org)

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## SUNDAY MORNING YOGA AT BETH EMETH

NAME \_\_\_\_\_  
PHONE \_\_\_\_\_ E-MAIL: \_\_\_\_\_

Check which program(s) you plan to attend: (EACH SESSION IS \$12/PERSON)

\_\_\_\_ October 14 (Kristi)

\_\_\_\_ November 18 (Sarah)

\_\_\_\_ December 2 (Sarah)

\_\_\_\_ January 13 (Kristi)

\_\_\_\_ February 10 (Denise)

\_\_\_\_ March 31 (Denise)

\_\_\_\_ April 14 (Denise)