



SUNDAY MORNING YOGA

with Instructors, Denise Ikasalo & Kristi Plunkett
& Sarah Seder

**SUNDAYS, OCTOBER 27; NOVEMBER 24; DECEMBER 15; JANUARY 12;
FEBRUARY 9; MARCH 8 & APRIL 5
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.

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

Cost: \$12/Class

You Can Register On Line – go to 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

SUNDAY MORNING YOGA AT BETH EMETH

NAME _____
PHONE _____ E-MAIL: _____

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

- | | |
|---|--|
| <input type="checkbox"/> October 27 (Sarah) | <input type="checkbox"/> February 9 (Kristi) |
| <input type="checkbox"/> November 24 (Denise) | <input type="checkbox"/> March 8 (Denise) |
| <input type="checkbox"/> December 15 (Kristi) | <input type="checkbox"/> April 5 (Sarah) |
| <input type="checkbox"/> January 12 (Denise) | |