



SUNDAY MORNING YOGA

with Instructors, Denise Ikasalo & Victoria Rutledge & Sarah Seder

**SUNDAYS, OCTOBER 14; NOVEMBER 18; DECEMBER 16; 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. Victoria is certified in Vinyassa Flow and has trained at the Kripalu Center for Yoga & Health. She is presently the Manager at JAI Yoga in Albany. 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 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)

____ October 14 (Victoria)

____ November 18 (Sarah)

____ December 16 (Victoria)

____ January 13 (Victoria)

____ February 10 (Denise)

____ March 31 (Denise)

____ April 14 (Denise)