



blue•sky•yoga

## Foundations Level I Four Week Course with Tina Trammell

Thursdays, February 2nd through March 1st 5:30pm

**NO CLASS THURSDAY, FEBRUARY 16TH**

\$60 Course Fee includes Practice Guide

This course is specifically for new students as well as a follow up to the Introductory Course in January. We will learn a new series of postures in an easy to follow sequence, and provide a comfortable space in which to practice alignment, breathwork, principles and dynamics of your new yoga practice. We will link the poses together for a classic, easy, vinyasa practice perfect for beginning students.

### Please Pre Register

Space is limited and the course usually fills; we ask that you pre-register and pre-pay: call with a credit card number, stop by, or mail a check



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