INTRODUCTION TO YOGA
FOR POSTURE IMPROVEMENT

Tuesday nights, February 5, 12, 26, & March 5,
6 p.m.-7:15 p.m., Adult Ed Room, $40
(Class size is limited to 20 students.)

Instructor: Carolyn Espel - yoga instructor/practitioner with 15+ years teaching experience and long-time First Lutheran Church member.

Participants: please bring a yoga mat & a towel/firm blanket to each class.

You are invited to come and learn some gentle yoga tools to improve your posture. In each class of this four-part series, Carolyn will provide a little education, and guide you through a yoga practice that focuses on different aspects of building a posture of ease and less strain.

Areas of focus include awareness of your own posture, stretching tight areas, and strengthening weak areas of the body. By the end of the four classes, you will come away with tools to help you on your journey towards feeling lighter, taller, and more at ease.