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**YOGA BASICS WORKSHOP**

**DEC. 5,12,19,26 from 12- 1 p.m.**

***Walking into your first YOGA class can be intimidating. It can feel like everyone is in the club except you.***

**\* Learn about yoga basics with expert advice and help to start your practice on the right foot.**

**\* You will be guided through the correct way of yogic breathing, proper practice of meditation and fundamental ASANAS or poses.**

**\* You will learn the proper use of props, blocks and straps to help you achieve proper alignment.**

**\* Yoga practice will enhance your growth, sensitivity and awareness.**

**\* Learn the proper way of breathing, feeling and listening to your body, letting go of competition, judgment and expectations.**

**\* This workshop is for both beginners and those returning to the practice of yoga.**

**\* After attending you will feel confident to walk into your first beginner or all levels class.**

**\* Small classes will ensure up close and personal instruction.**

**\* Learn from Marina Dietrich who is a 500+ registered yoga teacher (RYT)**

**Sign up as soon as possible as class size is limited, All credit cards, cash and checks accepted.**

**Classes in private studio at bodyzone.**

**Marina Dietrich**

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