



# Discover Yoga

Never practiced yoga before? This four week workshop series is designed specifically for the absolute beginner or anyone wanting a step-by-step review of the basics! In just four short weeks, you will walk away with a strong foundation in the fundamentals of yoga, breathing, and alignment in elemental versions of all poses.

Upon completion you will have enough knowledge to be comfortable attending gentle, core and level one yoga classes.

Class size is limited.

Investment: \$40 price includes tax and one free class off the schedule.

Location: The Yoga Studio 2050 West Main #3

About Your Teacher: Kirsten Huot, owner

Email us to sign up: [rapidcityyoga@yahoo.com](mailto:rapidcityyoga@yahoo.com)

## Winter Discover offerings:

### Monday Evenings at 7pm

Session 1 - January 9th, 16th, 23rd, 30th

Session 2 - February 6th, 13th, 20th, 27th

### Saturday Afternoons at 1pm

Session 3 - March 3rd, 10th, 17th, 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:00 AM		Level 1		Level 1		7:30 - 9:00 am Level 2
8:30 - 9:40 AM	Level 1	Gentle	Level 1	Gentle	Core Yoga	9:15 - 10:30 Level 1
12 noon - 1 PM	Gentle	Core Yoga	Gentle	Level 1	Gentle	10:45 - 12:00 Gentle
3:00 - 3:45 PM			Gentle Chair			
4:30 - 5:30 PM	Intermediate	Gentle	Intermediate	Level 1	Level 1	
5:45 - 6:45 PM	Level 1	Intermediate	Gentle	6:00-7:30 pm Anusara-Inspired	iRest® - Yoga Nidra	