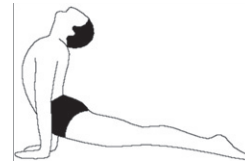


Yoga for Health

Becky Rumbel

5 Week

INTRODUCTORY MINI-SESSIONS



These five week introductory class series are a popular addition to our regular class schedule. This class is designed to meet the needs of people who have no prior yoga experience, have been away from yoga for a long while, or are unfamiliar with the Iyengar approach. No one is “too stiff” or “out of shape” to start yoga. Let this special introductory class series be the initiative you need to start a new, healthy, and satisfying life style.

You will learn:

- to improve daily posture (i.e. standing, sitting)
- elementary standing poses for gaining strength and stamina
- seated and supine poses for flexibility and awareness
- importance of the breath and its positive effects
- resting supportive poses
- relaxation techniques and more

The Summer / Fall schedule consists of two (2) starting dates from which you can choose for your convenience.

All classes held **Mondays, 7:15 - 8:45 PM.**

Fee is \$60.00 per 5 consecutive week session:

June 14 - July 12

September 13 - October 11

Due to the specialized nature and continuity these classes impart, students need to enroll in week one. No drop-ins or make-ups. Limited enrollment.

Please **pre-register** by completing the form below

or

Call **237-3042** for more information.

About the instructor: Becky Rumbel, an avid practitioner and Introductory Certified Iyengar Yoga Instructor, has been studying and teaching Yoga since 1996. Becky is a long time student of Dean & Rebecca Lerner and is a very competent, generous and caring teacher. In addition, Becky is an environmental educator and team builder facilitator. She also teaches at the State College Friends School.

Please note, the Center Yoga Studio is fully equipped and presents a peaceful and unique ambiance.

Registration Form

Center For Well-Being



Name: _____
Address: _____
Phone: _____
Email: _____

To reserve your place, complete and send this form along with a check for \$60

payable to: Dean Lerner
c/o Center for Well-Being
PO Box 644
Lemont, PA 16851

June 14 Sept 13