

Iyengar Yoga Institute of Central Pennsylvania



5 Week Introductory Yoga Mini-Session with Becky Rumbel



These five week introductory Yoga 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. Enjoy *Yoga for Health!*

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 Winter schedule consists of three (3) starting dates
for your convenience.

January 9 thru February 6
February 13 thru March 19
(No Class March 5th - Spring Break)
March 26 thru April 23

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

Fee is \$60.00 per 5 week session.

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 is a certified Iyengar yoga instructor and has been studying Yoga with Dean and Rebecca and other senior teachers since 1996. She began teaching yoga in 1998. Becky is known as a very competent, generous, and caring teacher.

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

Name: _____

Address: _____

Phone: _____

Email: _____

Jan 9 Feb 13 Mar 26

- Registration Form -



centerforwellbeing.net

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
814-237-3042