

# YOGA

## BOLTON LANDING CONSERVATION CLUB



Stephanie Berube, 200hr Certified Yoga Instructor ✕ Sasaphras Yoga  
stephanie.berube27@gmail.com ✕ [www.SasaphrasStudios.com](http://www.SasaphrasStudios.com)

***Mondays at 5:30 pm – 6:30 pm***

### **Dates**

Mondays: Sept. 13-  
October 4  
And October 18- Nov 29

### **Time**

5:30 pm - 6:30 pm

### **Location**

Bolton Landing  
Conservation Club  
Edgecomb Pond Road

### **Cost: register online**

***A minimum of 8  
students needed***

### **What can I expect**

All classes begin with a period of centering and ends with a period of deep relaxation. We will move from one pose to the next with attention to breath. Expect to stretch, tone, strengthen and increase flexibility.

### **What do I need**

Please bring a yoga mat. Feel free to bring a yoga block and a strap too. **All participants must be vaccinated. An outdoor class is available at Hillview Library for unvaccinated yogi's.**

### **Is Slow Flow Yoga for me**

This session is suitable for beginners or more seasoned practitioners. Students can expect to learn proper alignment and breathing techniques to open the body and mind for increased health and wellness.

### **How do I register**

Call 518-796-2587, or go online [www.SasaphrasStudios.com](http://www.SasaphrasStudios.com), or email Stephanie to sign-up for the 7-week session. Hope to see you soon!