

# anneclaire yoga

*a day without yoga is like a day without sunshine.*

**rhythmflo series**

## Yoga Winter Series 1

Introduction to Yoga will help you discover the physical, mental and emotional benefits of yoga in a safe, supportive setting.

**Introduction to Yoga** - Beginner-Intermediate

Jan 21 thru Feb 25

Fee: \$90 *registration required*

Saturday 8:30 am - 9:45 am

The Introduction to Yoga Series is designed especially to give time and support to the new Yoga student. This Series introduces you to basic yoga poses and familiarizes you with everything needed to feel comfortable on the mat. This class lays the foundation for a regular practice, empower you to practice safely and to feel confident and discover the wonders of yoga.

### Benefits:

**Develop breath awareness**

**Strengthen and tone your body**

**Improve your flexibility and range of motion**

**Decrease levels of stress and anxiety**

**Be bursting with energy and enthusiasm for life**

**Be inspired to live with light and clarity**

Claire Bigbee, Certified Yoga Instructor

## Yoga Winter Series 2

RhythmFlo Yoga combines elements of yoga with a graceful dance-like quality. The two combined can help to release the tension in our bodies and minds and flow with a sense of ease and peace.

**RhythmFlo Vinyasa** - All Levels

Jan 19 thru Feb 23

Fee: \$90 *registration required*

Thursday 6:00 pm - 7:30 pm

This class is a fast paced vinyasa flow yoga practice. Lots of sun salutations. Emphasis on breath awareness and staying present in the moment. A balance of minimalist instruction and creative sequencing to encourages personal awareness of your own inner rhythm to bring to your personal practice.

### Benefits:

**Develop breath awareness**

**Move with purpose**

**Increase flexibility and strength**

**Understand what your body needs**

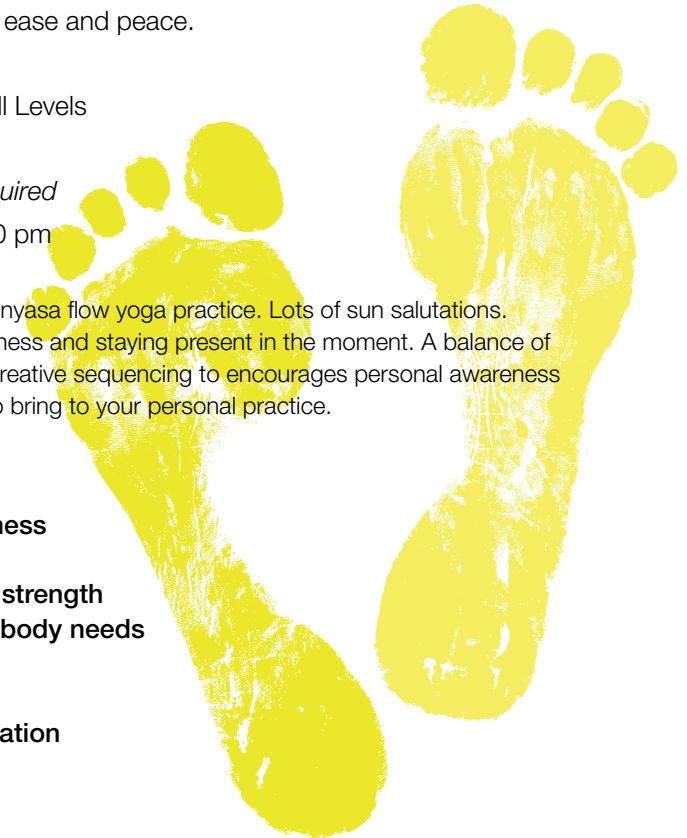
**Decrease pain**

**Calm your mind**

**Create your own meditation**

**Lead a more joyful life**

Claire Bigbee, Certified Yoga Instructor



Call 207-651-7028 for more information or to register. Registration required. Limited Classes, 5-6 Person. No drop-ins. Meets in Seeds Studio.

Please bring a yoga mat, blocks and strap recommended.