This class is designed to help transition beginning students onto their mat in a natural setting. At Yoga in the Park, you will learn integration of breath and movement and the method and foundations to build your practice from the ground up. Please bring a yoga mat or beach towel, clothes you can move comfortably in and a bottle of water!

Date & Time: *Saturdays, 10:30am*

Fee: *$10 Per Class*

Deadline to Register: *Thursday before each session*