

Become What You Are Meant To Be; ***You are stronger than you know!***

Experience the ancient foundations of the art and practice of Ashtanga Yoga, a system taught by Sri K. Pattabhi Jois of South India. Designed to build muscular strength and endurance, cardiovascular endurance, flexibility, and a meditative state of mind, this practice is called in Sanskrit “Yoga Therapy” (Yoga Chikitsa).

Each student will begin and progress at his or her level of ability and learn the basic foundation of Sun Salutations, standing and seated postures, and a closing meditation sequence designed to address every muscle group and joint in the entire body in a progressive fashion. In addition, every student will come away with the essence of a home practice that can be performed anytime you can't go to the gym!

The first class is free to new students. Free classes for all students, new and currently enrolled, will be held at The Pilates Center on Friday, September 1st (6:30 – 7:30 pm Beginning Ashtanga) and at Westchester Community Center on Wednesday, September 6th (6– 6:45 pm Gentle Intro to Ashtanga for Beginners, 7 – 8:30 pm First Series for experienced Yogi/inis or regular athletes).