



High School & College Students Yoga Series with Anne

**9 weeks: Monday, 4:15 - 5:15 p.m. \$150
September 20, 27, October 4, 11, 18, 25, November 1, 8, 15, 22**

These classes weave together an eclectic mix of yogic styles. All systems of the body are toned with the exploration of breath, sun salutations, standing postures, twists, forward and backward bends, inversions, restorative postures and meditation. Classes may incorporate gently flowing vinyasa (linking the breath with movement), asana exploration using anatomy, geometry and physiology of a posture, or expansion of awareness as systems, organs, glands and other physical aspects of our being are embodied. The process of bringing the conscious into our body teaches us to listen and respect the wisdom our bodies have to offer us. All levels of experience are welcome.

rsvp@theanandacenter.com or 203-273-8364

**Ananda Yoga & Healing Arts Center
16 Forest Street, New Canaan
www.theanandacenter.com**



Prenatal Yoga Series with Katie McCord

**6 weeks: Wednesday, 11:30 - 12:30 p.m. \$108
October 13, 20, 27, November 3, 10, 17**

These classes weave together an eclectic mix of yogic styles. All systems of the body are toned with the exploration of breath, sun salutations, standing postures, twists, forward and backward bends, inversions, restorative postures and meditation. Classes may incorporate gently flowing vinyasa (linking the breath with movement), asana exploration using anatomy, geometry and physiology of a posture, or expansion of awareness as systems, organs, glands and other physical aspects of our being are embodied. The process of bringing the conscious into our body teaches us to listen and respect the wisdom our bodies have to offer us. All levels of experience and all stages of pregnancy are welcome.

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School Teachers Yoga Series with Anne

**10 weeks: Tuesday, 4:30 - 5:30 p.m. \$160
September 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 23**

These classes weave together an eclectic mix of yoga styles. All systems of the body are toned with the exploration of breath, sun salutations, standing postures, twists, forward and backward bends, inversions, restorative postures and meditation. Classes may incorporate gently flowing vinyasa (linking the breath with movement), asana exploration using anatomy, geometry and physiology of a posture, or expansion of awareness as systems, organs, glands and other physical aspects of our being are embodied. The process of bringing the conscious into our body teaches us to listen and respect the wisdom our bodies have to offer us. All levels of experience are welcome.

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