

# Alignment Yoga

From Beginner  
to Advanced!



## STUDIO QUALITY YOGA CLASS FOCUSED ON THE FUNDAMENTALS!

*Alignment Yoga is an all level class designed to help with proper alignment with core poses and teach proper breathing. Focus will be on taking postures from just poses (asanas) to actual flows. For students who want to **work hard, improve their practice, and have fun** with fellow yoginis of all levels, including beginners!*

**NEW!**  
**REDESIGNED**  
**CLASS STYLE**

## Thursday's @ 6:15 pm

Mount Vernon Athletic Club | 7950 Audubon Ave.  
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[www.Facebook.com/MTVAC](http://www.Facebook.com/MTVAC)

