

The Fundamentals of Yoga
For Beginners with Pam Batchelor
Saturday, April 1, 2017
12:00 - 2:00
\$20 per person

Learn About:
Proper Alignment
Basic Yoga Poses
How to flow
Breathing
Meditation



This class is
for beginners
as well as for
those wishing
to deepen their
yoga practice

Body Edge Fitness
6741 Beach Drive SW, Ocean Isle Beach, NC
Pre-Register by March 29
910 - 575-0975 or cme2bfit@gmail.com

You will learn the basic yoga poses and class format that will allow you to comfortably and confidently participate in any Vinyasa Yoga Class.