

Beginning Classes

Wed: 9:30-11:00am
Thurs: 7:15-8:30pm
Sat: 10:45am-12:15pm

Appropriate for and
Appreciated by...

◆ People who have
had injuries and feel a
need and readiness to return
to some therapeutic movement

◆ Athletes, Runners, Dancers
Iyengar yoga fine tunes body aware-
ness and mental focus.

◆ People of Any Age and
Activity Level – seeking to learn
ways to feel better in their body and cope
with stress more effectively.

LEARN

YOGA

Hatha Yoga in the Iyengar Tradition

at



— SALON FOR THE HEALING ARTS —

Advanced Beginning – Intermediate Classes

Mon: 5:30-7:00pm
Thurs: 5:30-7:00pm
Sat: 9:00-10:30am

SUSAN MERRITT

Instructor with 22 years
yoga teaching experience
Founder-Director Body & Soul

459-8613

Iyengar Yoga is a system of Hatha Yoga distinct for its therapeutic effects —

- Learn to do the basic postures safely within your body's range of strength and flexibility
- Key components are attention to the breath and proper structural alignment
- Discover added benefits of enhancing mental focus and coping more effectively with stress

Susan Merritt has a keen grasp of anatomy and body mechanics. With intuition and a trained eye for proper alignment, she excels in hands-on guidance and individualized instruction. Susan has been teaching yoga since 1981. Her primary teacher has been Ramand Patel. She continues to study with him and other notable teachers of yoga and complimentary disciplines.