



Want a Yoga Body? Hooray! You already have one!

You have a body, so you can do yoga. **Curvy Yoga™** is about making our yoga practice work for us, with the bodies we have, not the bodies we used to have

or we wish we had. Curvy Yoga is about embracing and celebrating ourselves, body, mind, and spirit.

Our Curvy Yoga class introduces accessible, alignment-based yoga postures and muscle actions to support them. This class is appropriate for all levels of practitioners. Those who are new to yoga will be able to build a foundation for practice that works for them, and more experienced yogis will find new approaches and variations—those poses you don't like may become your friends! We will also practice relaxation and breath work to relieve stress and build body awareness.

The class series also includes a weekly email with practical advice to help students practice yoga independently, to help them practice effectively at home and integrate yoga into their daily lives (because only feeling good about ourselves for an hour a week is not enough!)



The class will be led by Abby Foster, RYT 200, a specialist in adaptive and accessible yoga. Abby has been teaching yoga for seven years and has been a certified Curvy Yoga instructor since 2013. She teaches body-positive yoga and adaptive chair yoga for students with chronic health conditions at High Desert Yoga.

Join us for this 10-week class series

Thursdays, September 7–November 9, 2017

6:00 to 7:30 PM

Cost: \$139 plus tax (149.43)

Questions? Please contact Abby at abbyfoster@outlook.com.