

YOGA CLASSES

at

Mount Manresa

239 Fingerboard Road * 239 Fingerboard Road * SINY

Yoga 101: Our Intro Guide to Yoga

Interested in taking up yoga but don't know where to start? Welcome to Manresa's Yoga for Beginners!

Beginners Yoga Poses: Though there are numerous yoga poses, some of the most fundamental poses (which are also beginner poses) are Downward Facing Dog, Pyramid Pose, Warrior I and Warrior II, Side Plank, and Child's Pose.

The first thing to know when learning a *beginner yoga pose* is that in the practice of yoga, asana is the name for a pose. Depending on who practices yoga, it can simply be a set of poses (exercises) or a total way of life. In the end, yoga is all about physical and spiritual health - and anyone can practice yoga, in any place they choose to, as long as they can breathe -- or in yoga terms - **Pranayama!**



PLEASE BRING YOUR MAT

MONDAYS

7:00 p.m. to 8:00 p.m.

March 8, 22, 29

April 12, 19, 26

\$15 per class or \$72 for a package of 6

Please RSVP by Feb. 28, 2010

YOGA Classes

c/o Mount Manresa *239 Fingerboard Road* SINY 10305

718.727.3844 ext. 200

www.mountmanresa.org

NAME: _____

PHONE: _____ ADDRESS: _____

EMAIL: _____

\$72.00 (6 weeks) check enclosed payable to Mount Manresa

LIMITED TO 15 PEOPLE!

✿ **Our Instructor:** Rev. Edward J. Quinnan, S.J., Ph.D.—is an experienced retreat & spiritual director, a licensed Marriage & Family Therapist, and a **certified Yoga instructor with YogaAlliance**. In addition, he trains retreat & spiritual directors, and has also trained counselors. He particularly values the ways in which spiritual practices can assist people in living well balanced and psychologically healthy lives.

