

Kenyon Yoga is honored to offer:

Integrative Yoga Therapy for Athletes

An 8 week program, with Laura Yasuda, CYI

*Free "Preview" class on Thursday, October 4th, 5:30-6:45! Call or email to reserve your space: kenyon yoga@yahoo.com, 303-506-1826

Learn specific yoga techniques that help you relax your mind and body, reduce stress, increase breath capacity and awareness, and stretch and open your body.

What

8 weeks of 75 minute classes (1 class per week) that include the following guided exercises:

- **Yoga Education** (*yoga philosophy, chakra training, the effects of stress*)
- **Body Awareness** (*body scan and energy awareness*)
- **Breath Exercises** (*pranayama, mudras*)
- **Asana Practice** (*the physical yoga practice*)
- **Yoga Nidra** (*guided relaxation*)
- **Meditation**

When

Thursdays, from 5:30pm-6:45pm beginning **October 18th**.
Special "free" preview class offered on October 4th.
(no class week of Thanksgiving)

Where

Kenyon Yoga
2861 Kenyon Circle, Boulder, Co
Call: 303-506-1826 or email:
kenyon yoga@yahoo.com to reserve your space.



Pricing

\$55 for 8 classes. First come first serve. Kenyon Yoga is a small, private neighborhood studio that has a maximum capacity of 9 students.