



## **Iyengar Yoga Center of Warwick**

54 Main Street Warwick, NY 10990 [www.iycow.com](http://www.iycow.com)  
845-987-2076

### **Six week series**

**Introduction to Iyengar Yoga**

**Saturdays from 1-2 PM**

**January 16th-23rd-30th**

**February 6th-13th-20th**

**No Experience Necessary.**

**Pre-registration required.**

**\$75 fee, free class card with sign-up**

Stretch, strengthen, re-vitalize! This series will introduce the complete novice to the Iyengar Yoga method in an organized, safe, step - by - step manner. Classes will address individual concerns and are appropriate for all levels of fitness, including the very stiff body.

Instructor Paul Massie: has been teaching at the Iyengar Center for the past two years. His clear concise directions, patience, and compassion make's him a wonderful teacher for this beginner class.