



SADHANA

**JOIN GLEN CUNNINGHAM (OWNER OF SADHANA YOGA IN BOSTON)
FOR A YOGA CLASS AT THE OSTERVILLE FITNESS CENTER!**

ABOUT THE CLASS:

THIS IS A HATHA YOGA CLASS THAT INCORPORATES ELEMENTS OF VINYASA (FLOWING POSTURES AT A REASONABLE PACE), PRANAYAMA (BREATH-AWARENESS) AND STRUCTURE (THE PROPER ALIGNMENT OF POSTURES) IN AN EFFORT TO BALANCE THE BODY AND CLEAR THE MIND.

- Saturday February 18th 10:45 am ~ 12:30 pm
- Saturday March 3rd 10:45 am ~ 12:30 pm
- Saturday March 17th 10:45 am ~ 12:30 pm
- Saturday March 31st 10:45 am ~ 12:30 pm
- Saturday April 14th 10:45 am ~ 12:30 pm
- Saturday April 28th 10:45 am ~ 12:30 pm
- Saturday May 12th 10:45 am ~ 12:30 pm

