



# Fundamentals of **YOGA** Series



with  
*Sara Schifino*

- Foundational postures of Vinyasa and Flow classes
- Common sequences
- Proper alignment
- Finding each pose in our own bodies
- Maintaining the integrity of poses as we transition between them
- Integration of body, breath and movement in the present moment
- Building muscle memory and proprioception
- Yoga as a transpersonal practice, supporting the health and well-being of the whole person

Additionally, each of the 4 sessions in this series will incorporate meditation, pranayama (breathing exercises), and a basic overview of the 8 Limbs of Yoga.



Thursdays in July ~ 10:00-11:30am ~ \$100

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Space is limited.

# Fundamentals Of Yoga

**Lingsheng Yao**



## **Fundamentals Of Yoga:**

## **Fundamentals Of Yoga** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Fundamentals Of Yoga**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall affect readers.

<http://industrialmatting.com/public/scholarship/fetch.php/health%20behavior%20emerging%20research%20perspectives.pdf>

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