



Westside Yoga Studio
strengthen, empower, inspire

17100 Detroit Ave Lakewood

www.westsideyogastudio.com 440 773-1605

Beginner Yoga Series



Come and join this new series of classes, just for beginners. Classes will begin Sunday, February 21st at Westside Yoga Studio. This special beginner series will be held from 4:15pm-5:30pm Sunday afternoons for four weeks. The four Sundays included in this series are:

February 21st, February 28th, March 7th, and March 14th.

Yoga is an amazing practice that brings healing to the body, mind, and soul. Each class will begin to teach the ways of meditation, relaxation, and principles of alignment during an asana practice. Come and join this supportive and fruitful series, bringing the practice of yoga into your life.

Fee for classes is \$20.00 per individual class or \$70.00 for the entire 4 week series.