

# YOGA CLASSES

at

**Mount Manresa**

239 Fingerboard Road \* 239 Fingerboard Road \* SINY

**Yoga 101:** Our Intro Guide to Yoga

Interested in taking up yoga but don't know where to start? Welcome to Manresa's Yoga for Beginners!

**Beginners Yoga Poses:** Though there are numerous yoga poses, some of the most fundamental poses (which are also beginner poses) are Downward Facing Dog, Pyramid Pose, Warrior I and Warrior II, Side Plank, and Child's Pose.

**The first thing to know** when learning a *beginner yoga pose* is that in the practice of yoga, *asana* is the name for a pose. Depending on who practices yoga, it can simply be a set of poses (exercises) or a total way of life. In the end, yoga is all about physical and spiritual health - and anyone can practice yoga, in any place they choose to, as long as they can breathe -- or in yoga terms - **Pranayama!**



**PLEASE BRING YOUR MAT**

**MONDAYS**

7:00 p.m. to 8:00 p.m.

**March 8, 22, 29**

**April 12, 19, 26**

\$15 per class or \$72 for a package of 6

Please RSVP by Feb. 28, 2010

## YOGA Classes

c/o Mount Manresa \*239 Fingerboard Road\* SINY 10305

718.727.3844 ext. 200

[www.mountmanresa.org](http://www.mountmanresa.org)

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

\$72.00 (6 weeks) check enclosed payable to Mount Manresa

**LIMITED TO 15 PEOPLE!**

✿ **Our Instructor:** Rev. Edward J. Quinnan, S.J., Ph.D.—is an experienced retreat & spiritual director, a licensed Marriage & Family Therapist, and a **certified Yoga instructor with YogaAlliance**. In addition, he trains retreat & spiritual directors, and has also trained counselors. He particularly values the ways in which spiritual practices can assist people in living well balanced and psychologically healthy lives.

