

SUMMER YOGA at

S P E M B R
E T M E



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Alison FOX draws

on her background as artist and arts educator to teach yoga as a perspective changing practice. Alison uses her sensitivity, intelligence and skill to share with her students the science of asana and philosophy of the yoga sutras. Alison has been practicing yoga for 20 years and holds a 200 hour yoga teaching certification from Sadhana center for Yoga.

All levels, slow flow class with emphasis on engaging the body, mind and breath in discovery

Thursdays 8:45am-10:00am \$15

Melinda Kiefer is

a multidisciplinary artist/yogi/educator. Practicing yoga for 15 years, she received her 200 hour yoga teaching certification from Kripalu Center and is also a Reiki II practitioner. She is excited to combine her passions and offer yoga classes in an art space for its synergistic potential.

All levels, moderate flow class with connection to creativity

Mondays 5:45pm-7:00pm \$15