

Pearson Chapter 4 Case Study: *Path of Light Yoga Studio*

CodeL

```
1 <!DOCTYPE html>
2 <html lang="en">
3   <meta charset="UTF-8">
4   <link rel="stylesheet" href="yoga.css">
5   <title>Path of Light Yoga Studio: Classes</title>
6   <head>
7     <body>
8       <h1>
9         Path of Light Yoga Studio
10      </h1>
11    </body>
12  </head>
13  <nav>
14    <b>
15      <a href="studiohomecopy.html">Home</a> &nbsp;
16      <a href="classescopy.html">Classes</a> &nbsp;
17      <a href="schedule.html">Schedule</a> &nbsp;
18      <a href="contact.html">Contacts</a>
19    </b>
20  </nav>
21  <main>
22    <h2>
23      Yoga Classes
24    </h2>
25    <dl>
26      <dt><strong><b>Gentle Hatha Yoga</b></strong></dt>
27      <dd>Intended for beginners and anyone wishing a grounded foundation in the practice of yoga, this 60 minute class of poses and slow movements focuses on asana (proper alignment
28      <dt><strong><b>Vinyasa Yoga</b></strong></dt>
29      <dd>Although designed for intermediate advanced students, beginners are welcome to sample this 60 minute class that focuses on breath-synchronized movement-you will inhale and
30      <dt><strong><b>Restorative Yoga</b></strong></dt>
31      <dd>This 90 minute class features very slow movement and long poses that are supported by a chair or wall. This calming, restorative experience. This practice can be a perfect way
32    </dl>
33    <b>
34  </footer>
35    <small>
36      <i>Copyright &copy; 2022 Path of Light Yoga Studio</i>
37      <br>
38      <i>
39        <a href="">yourfirstname@yourlastname.com</a>
40      </i>
41    </small>
42  </footer>
43 </main>
```

Browser:

Path of Light Yoga Studio

[Home](#) [Classes](#) [Schedule](#) [Contacts](#)

Yoga Classes

Gentle Hatha Yoga

Intended for beginners and anyone wishing a grounded foundation in the practice of yoga, this 60 minute class of poses and slow movements focuses on asana (proper alignment and posture), pranayama (breath work), and guided meditation to foster your mind and body connection.

Vinyasa Yoga

Although designed for intermediate advanced students, beginners are welcome to sample this 60 minute class that focuses on breath-synchronized movement-you will inhale and exhale as you follow energetically through yoga poses.

Restorative Yoga

This 90 minute class features very slow movement and long poses that are supported by a chair or wall. This calming, restorative experience. This practice can be a perfect way to help rehabilitate an injury.

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