



Introduction

to Yoga

Wednesdays,
May 22-June 19
7:15-8:45 p.m.
instructor : Paul Busch

5 weeks: \$60

drop-in: \$15



Paul Busch has taught yoga for 22 years. He works with students to explore posture, breath and mind from a non-dogmatic perspective, using the ultimate organizing principle of simply doing what works. He pays particular attention to joints, both because joint health is important and because the joints are a powerful doorway into more efficient and effective posture and movement. Paul strives to bring the full benefits of yoga to students.

This is a five-class series that will introduce the fundamentals of alignment, breathing and mindfulness in foundational yoga postures and will lay the basic groundwork for students to comfortably step into our drop-in classes.

This series is intended as an entry point for students who are brand-new to yoga and want to start right at the beginning, or for those with some experience who want to spend more time on the foundations of yoga practice. Make-up classes are available for missed classes for students who register for the full series.

Drop-ins welcome.



**The Saint Paul
Yoga Center**

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for more information and registration:
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