

RSVP for a **FREE TRIAL!** Tues. January 9th, 11:45 am

Welcome to



YOGA



A refreshing Hatha Yoga course introducing therapeutic principles of alignment in basic poses for a supple body, centered mind, and uplifted spirit.

Instructor:

Trina Wald, RYT
Joyful Journey Yoga, LLC

Inspired by the therapeutic methods and life-affirming philosophy of Anusara yoga, Trina has traveled widely to study under some of the nation's leading instructors, including John Friend, the founder of Anusara. Her distinctive teaching style creates affirming and hospitable spaces where students of all levels can explore and develop the powers within needed to walk paths with heart. Trina is a Registered Yoga Teacher with Yoga Alliance.

MATC Downtown Campus

Tuesdays

11:45–12:35, Lunchtimes

8-Week Session begins

January 16th

Cost: \$40

To Register:

call: 608.258.2399 or email:

BScheffler@matcmadison.edu

Individual instruction also available. For further info on this course or questions regarding Anusara / Hatha Yoga, call 608.836.3338 or email: trina@joyfuljourneyyoga.com.

