

SPECIAL SEQUENCES YOGA CLASS



THE MOTHER SEQUENCE

LED BY

JENNIFER JENNETTE

6-week session begins February 16

Thursdays 7:15 - 8:30 pm

15 student limit

\$10/class members \$15/class non-members

Contact the Club @ Green Valley to register

1909 Lendew St. :: 336-275-1391

The Mother Sequence was conceived many years ago by Jehangir Palkhivala who studied yoga with BKS Iyengar for many years from childhood. Since then, this sequence has benefited many people around the world. Not only has it been remarkably effective in alleviating a variety of physical and emotional problems, but regular practitioners have also been rewarded with an abiding sense of peace that pervades them long after the asana (yoga postures) are performed.

Class will cover standing postures, seated postures, twists, inversions, arm balances, abdominal work, backbends, hip release and pranayama (breathing practice).

Intermediate and up (3 months of previous asana practice recommended)

need more info about the class ?

contact Jennifer 336-254-7190 or jennifer@growyoga.org