



INTRO TO YOGA SERIES

Intro to Yoga
with Hayleigh Woodworth:

This workshop takes the intimidation out of starting your yoga practice if you're brand new to yoga. You will receive a brief introduction to the heart of the practice as well as guidance in breathing & proper body alignment of the basic poses. You will leave this workshop with the confidence to begin our regular classes and experience the joy that is yoga.

SUNDAY 7-18-2010

12:30pm - 2:30pm

\$20.00 Pre-Registration

\$25.00 at the door

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HAYLEIGH WOODWORTH Hayleigh was classically trained in ballet for 13 years before she discovered yoga. She practiced bikram and vinyasa flow and as her passion and love for yoga grew. She then decided to further her practice by enrolling in the teacher training program at Yogaworks. There she studied with Birgitte Kristen and Malachi Melville, and later apprenticed with Anne Van Valkenburg.

Her classes encourage precise alignment and movement influenced from years of dance. She challenges her students to discover new aspects of themselves each time they step on the mat and to use the lessons they learn in their everyday lives.

