



# Yoga Center of NEWBURYPORT

12 Maple Street Newburyport, MA 01950 978.463.4354

## Introduction to Yoga with Manny & Cristina Muros

Our **Introduction to Yoga** series presents a sequenced curriculum of the fundamental principles of Anusara™ Yoga. We explore simple and gentle poses with a focus on safe and proper alignment, as well as a basic understanding of yogic philosophy. The class is open and friendly, with time for questions and discussion.

**Yoga Center of Newburyport** is a comprehensive yoga school for people of all ages and abilities. In our beautiful north end studio, we teach yoga postures, breath work, philosophy, movement and meditation in an atmosphere of curiosity, compassion and celebration. Our growing and supportive community includes sixteen highly trained instructors offering over 25 classes a week in a variety of levels and specialties.



Join us for a fun and expansive journey!

### **Energize your Body:**

- Build strength
- Increase flexibility
- Tone muscles and strengthen bones
- Regulate blood pressure
- Enhance digestion and circulation
- Improve posture and balance
- Boost your immune system
- Cleanse and detoxify impurities

### **Relax your Mind:**

- Release tension and held emotions
- Manage stress
- Improve focus and concentration

### **Uplift your Spirit**

- Join a supportive community
- Find inner peace and contentment
- Empower your soul

### **Date and Time:**

**Sundays, 5:45 – 7:15pm**

### **6 week series**

**September 12–October 24, 2010  
(no class October 17) and**

**November 7–December 12, 2010**

### **Cost:**

\$140 for 6 weeks series includes unlimited attendance to Ongoing Classes at the Center.

### **Location:**

12 Maple Street  
Newburyport, MA 01950

### **Registration:**

Call 978-463-4354 or email  
center@newburyportyoga.com