



Divine Yoga

in the Iyengar method

New in Lakeway!

What is Iyengar Yoga?

- ◆ *Named after its founder, BKS Iyengar*
- ◆ *Emphasizes a balance between flexibility, strength, endurance and relaxation*
- ◆ *Uses props to assist students in poses*
- ◆ *Students exist fully and vibrantly in the present moment*

Class

When: Wednesdays, 10 - 11:15 a.m.
Where: Divine Strength, Lakeway
Cost: \$60 member / \$65 non-member
Classes are sold in 5 week sessions.
Missed classes may be made up in the next session.
Register: Sign up at Divine Strength or email Sheryl: yogabys Cheryl.tx@gmail.com



About the teacher, Sheryl Abrams

Sheryl began teaching yoga in 1999 in Austin and eventually developed Divine Yoga with Karen. Now returned to Texas, Sheryl and Karen have teamed up once again to offer a very special class in the Lakeway area.

This introductory class will emphasize fundamentals of body alignment through basic yoga poses that increase strength and flexibility and exercise the organs.

Sheryl is a Nationally Certified Iyengar Yoga Instructor.

