



## ***IYENGAR YOGA NOW AT DIVINE STRENGTH FITNESS!***

### **LEVEL 1 & 2 COMBINED**

**1.15 MIN.**

**IYENGAR YOGA CLASS**

**TIME: 8:45 AM TO 10:00 AM**

**WEDNESDAY'S**

**PAY FOR 4 AND SAVE!**

**4 CLASSES \$48.00 MEMBERS**

**4 CLASSES \$52.00 NON-MEMBERS**

**\$16.00 DROP IN**

### **LEVEL 2 GENTLE**

**40 MIN.**

**IYENGAR YOGA CLASS**

**TIME: 9:20 AM TO 10:00 AM**

**WEDNESDAY'S**

**PAY FOR 4 AND SAVE!**

**4 CLASSES \$32.00 MEMBERS**

**4 CLASSES \$36.00 NON-MEMBERS**

**\$10.00 DROP IN**

### **LEVEL 2 GENTLE**

**60 MIN.**

**IYENGAR YOGA CLASS**

**6:45 PM TO 7:45 PM**

**TUESDAY'S**

**PAY FOR 4 AND SAVE!**

**4 CLASSES \$48.00 MEMBERS**

**4 CLASSES \$52.00 NON-MEMBERS**

**\$15.00 DROP IN**

## **About the teacher, Sheryl Abrams**

Sheryl's affiliation with Divine Strength goes back to the early 2000's where she taught a class called *Divine Yoga*. After many years of rigorous training and teaching, Sheryl completed her Introductory II Certification through the Iyengar Yoga Association of the United States. Only the world's most knowledgeable, rigorously trained teachers earn Iyengar Yoga Certification. The method begins with a clear demonstration of the pose with the students observing; then the students perform the pose while the well-developed eye of the teacher scans the students to assess any improvements that can be made. The pose is then repeated with specific teaching points which awaken the intelligence of the body allowing the student to go beyond the body towards the mind and eventually the spirit.