



**BLUE
BANYAN
YOGA**

**4 weeks of
YOGA FUNDAMENTALS
with Meredith Jacoby**

**An introduction to Astanga Yoga: Moving Beyond Asana
4 Friday evenings 6:00-7:30 PM
April 16th, 23rd, 30th & May 7th**

\$50 if registered by March 30th \$60 after March 15th
Pre-registration required

Yoga is more than just postures, it is a way of life

This 4 week series will introduce new and seasoned yoga practitioners to the 8 Limbed Yoga path outlined by Patanjali in the Yoga Sutras. Part practice, part discussion we will learn together how to integrate this simple yet powerful system of yogic disciplines into our everyday lives on and off the mat to relieve suffering and live joyously.

We will begin each class with a short lecture, meditation, chanting and postures followed by discussion with light refreshments.

Meredith Jacoby completed a 200 hour yoga teacher certification in 2000. Blending various yoga styles (including Ashtanga, Anusara and Iyengar), her classes encourage exploration of the immense healing capacity of yoga in a safe and nurturing environment. Certified in prenatal yoga in 2001, Meredith is passionate about supporting women in all stages of pregnancy and motherhood. Combining mindfulness meditation, breath work, and yoga postures she helps students experience their innate ability to live healthy, peaceful lives. Meredith's constant sunshine are her beautiful sons, Jacob and Lucas



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bluebanyanyoga.com