

Yoga Basic, Floor Yoga

We will do stretching poses to be held for a few seconds. Gradually the stretch poses will be offered in a more intense posture for those with greater flexibility. The starting stretch will be retaught each week for those just starting to work on their flexibility. This makes this class adaptable for all levels of yoginis.

A mat is necessary. A strap may be very useful. But there is no reason to purchase a “yoga strap”. A wide soft bathrobe belt is ideal. A long other belt and/or an old necktie can also substitute.

Anna Marie D’Amico