



6 week Foundation Workshop

This 6-week Workshop with **STEPHANIE TENTER** series is open to everyone. Whether you are starting or refining your yoga practice... Having a beginner's mindset means there is always something new to learn. New sensations, a new relationship with your muscles and a new appreciation for not only your yoga practice but for your mind & body ... Numbers are limited

Student's benefit vs participating yoga classes:
In this workshop atmosphere there is space to ask questions. We will explore individual modifications needed due to personal limitations coming with injuries, age or other reasons. We build up on structured knowledge each week so we delve in a deeper understanding once we return to a class atmosphere or personal practice at home.

Saturdays (6 weeks)

02/06, 09/06, 16/06, 23/06, 30/06 and 07/07

12 - 1.30pm

\$120 / \$150

UpDog
YOGA