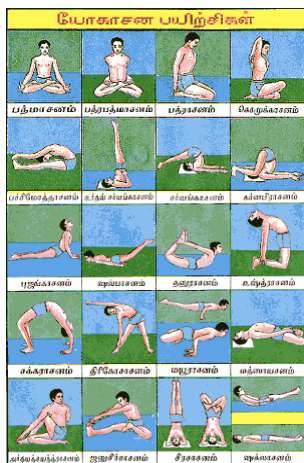


Kai Yoga Arts presents
Introduction to Hatha Yoga



Venue: Kai Yoga Arts Studio
Dates: Saturday, October 30, 2010 / 8:30am – 4:30pm
Sunday, October 31, 2010 / 2:00pm – 8:00 pm
Fee: \$250.00
Instructor: Karen

The course presents a systematic approach on the classical Hatha yoga practices of Asana, Pranayama, Mudra, Bandha, Relaxation, Kriyas and Meditation. Suitable for newcomers to yoga, it is not necessary for the student to have any prior knowledge or experience of yoga. Classes start at the Beginners' Level and progress through to Intermediate Level.

Classical Asanas
Suryanamaskar
Theory and Practice of Hatha Yoga Asana
Teaching Methodology
Relaxation Practices
Pranayama
Mudra
Bandha

Karen completed Yoga Teacher's Training course at VYASA-Vivekananda Yoga Anusandhana Samsthana (Research Foundation) in Singapore where she conducted Hatha Yoga classes for beginners. In 2006 she was awarded the Yoga Teacher Training Certificate from Vasishta Yoga Research Foundation (Kerala, India) after undertaking individual study directly under Saji. She was director and co-founder of Ancient's Wisdom Pte Ltd Ayurvedic Treatment Centre, which was located in Singapore and holds a Certificate in Abhyanga-Ayurvedic Massage from Ancient's Best Clinic & Study Center of Ayurveda, Singapore & International Academy of Ayurveda, Pune, India. Karen currently conducts classes at Kai Yoga. Kai Yoga Arts, LLC 629 North Westover Blvd, Albany Ga. 31707 (229) 888-2435 Email: namaste@kaiyoga.net www.kaiyoga.net