

HOT 26™ YOGA

Where? Guruv Yoga

142 W. Lakeview Ave. Suite 1070

Lake Mary, FL 32746 (407) 330-3222

When? Sunday, September 7, 2008 10 am-11:30 am

Cost? \$10

What is Hot™ 26 Yoga? HOT 26™ consists of a balanced, healthy sequence of Hatha Yoga postures practiced in a heated room. HOT 26™ is appropriate for newcomers as well as experienced yogis; HOT 26™ has few (if any) chatarangas (reverse pushups) which makes the yoga practice a favorite among students with shoulder issues. Athletes love HOT 26™ for the healing benefits of the sequences and the heat.

HOT 26™ teachers vary the sequences and poses which gives students an opportunity to explore a wide range of asanas. The basic and advanced version of each posture will be detailed during the class and proper alignment cues will be given.

Be prepared to SWEAT!! From head to toe the body will be invigorated and detoxified while sharpening mental focus and renewing the spirit.

Instructor? MyLinda Hutchings E-RYT® visit <http://www.guruvyoga.com>

