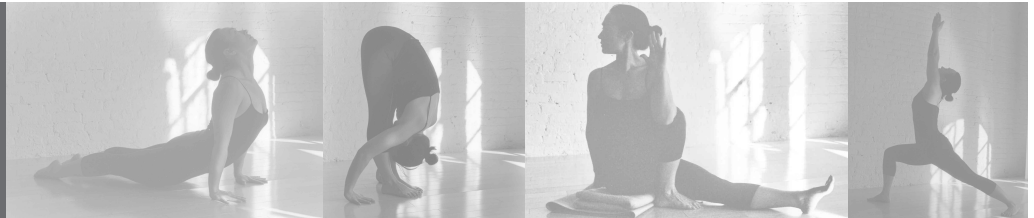


yoga with momi



WWW.YOGAWITHMOMI.COM

# *spring session* yoga with momi

*Momi is a certified Iyengar Yoga teacher and teaches in the tradition of B.K.S. Iyengar, who has developed an innovative approach to classical hatha yoga. Iyengar yoga emphasizes precision and alignment in the poses while developing strength, stamina, flexibility and balance. Sequencing of the asanas (poses) is an essential part of Iyengar yoga. The use of props makes this method accessible to all, regardless of physical ability. Iyengar yoga is well known for it's therapeutic benefits.*

**fridays, 12 - 1 pm: february 18th - may 13th**  
*(no class april 22nd)*

**12 WEEK SESSION**

**\$108 WELLNESS CENTER MEMBERS | \$132 NON-MEMBERS**  
**YOU MAY DROP IN FOR \$13 PER CLASS**

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**REGISTER AT THE FRONT DESK OR ON THE FIRST DAY OF CLASS**

**FLEXIBLE MAKE-UP POLICY | MAKE CHECKS PAYABLE TO YOGA WITH MOMI**  
**WE ACCEPT CHECKS, VISA, MC, AMEX & DISCOVER**

