

2012 EMPOWERED YOGA BRAND NEW BEGINNER COURSE - HAC

Our Brand New Beginner Course (BNB) teaches the fundamental principles that work quickly to improve your posture, alleviate pain, and focus your mind. After your first class, you will feel relaxed and energized. After eight classes, you will know why yoga is the oldest, most powerful and complete system of wellness ever created.

We greatly encourage all beginner yoga students to attend this course as well as intermediate students looking to deepen their understanding of the yoga process. Empowered Yoga is dedicated to teaching students the essence and the art of yoga.

Morning classes will be held Tuesdays and Thursdays from 9:30 - 11:00 am.
Evening classes will be held Mondays and Wednesdays from 7:30 - 9:00 pm.

There are 8 classes in each session. Cost of the course is \$100 for HAC members, \$130 for non-members. You must pre-register. During the four weeks of your BNB course, you will also receive unlimited access to Stationary Sequence (SS) classes at HAC for no additional fee. We want you to do as much yoga as possible in a month period. This is where you will experience the greatest results!

MORNING

- January 3rd – January 26th
- February 2nd – February 28th
- March 6th – March 29th
- April 3rd – April 26th
- May 1st – May 24th
- June 5th – June 28th
- July 10th – August 2nd
- August 7th – August 30th
- September 4th – September 27th
- October 2nd – October 25th
- November 5th – November 28th
- December – Happy Holidays!

EVENING

- January 4th – January 30th
- February 6th – February 29th
- March 5th – March 28th
- April 2nd – April 25th
- May 2nd – May 30th
- June 4th – June 27th
- July 9th – August 1st
- August 6th – August 29th
- September 5th – October 1st
- October 3rd – October 29th
- November 1st – November 29th
- December – Happy Holidays!