



# Hatha Yoga

with Claire-Dee Lim

*A Dynamic Yoga Practice*

**SATURDAYS**  
**11am -12:15 pm**  
**Begins June 1st**

- A mixed level class with basic yoga asanas, emphasizing body alignment and awareness.
- Increases strength, balance, flexibility, concentration, and bone density.
- Combines deep breathing with the postures to promote calm and inner peace.
- (If performing lots of chaturangas ISN'T YOUR THING, this class IS FOR YOU!)



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