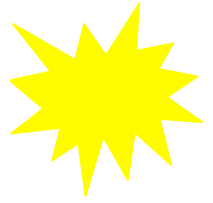


ArtsCaravan Yoga Schedule



Winter 2012

Monday	Tuesday	Wed	Th	Friday	Saturday	Sunday
				9:30-10:30 Nia Dance Eve www.meetup.com/Friends-For-Health/ to sign up	9:00-10:15 All Levels Yoga Laurie	
	7:00-8:15pm Slow Flow Yoga Laurie				10:30 -11:30 Teen Yoga Ages 13-19 Laurie	

Private Lessons – scheduled by appointment

Children's/Teens Yoga- Students develop body awareness and acceptance through an age appropriate combination of breathing techniques, meditation, yoga poses, and guided relaxation. Music, games, partner work, and art are integrated into the programs.

Adult Yoga

Slow Flow - Designed for students with prior knowledge of the basics of yoga, who wish to combine breath work with fluid movement through poses, meditation and relaxation techniques.

All Levels-Designed for level 1, 2 and 3 students, offering modifications where needed, helping students find a level of comfort within their personal practices.

Gentle Yoga-For those in need of a slower paced practice, with an emphasis on breathing and stretching while holding poses. Modifications are offered for physical limitations in a gentle, supportive manner, encouraging self-awareness and acceptance.

Nia Dance- Combines easy movements, incorporating dance and other modalities from around the world, drawing even beginners to dance. Taught in a supportive manner, encouraging freedom of expression through the joy of movement. All levels welcome.

ArtsCaravan 131 Bedford Road, Katonah NY, 10536

Studio Phone 914-232-0424

Website: ArtsCaravan.com

Email info@artscaravan.com