

I am delighted to be your guide at our next Beginners Series!

This will be a building series...we will learn and add each week. It's important that you can make each class to receive the greatest benefits and understanding. This is 6 weeks will be full of yogic breathing, movement and relaxation. After the first 6 weeks – you will have another 6 classes where we will explore more options to advance your practice. A truly unique program at Grounded by Yoga.

Dress comfortably (sweat pants, stretchy pants, anything non-binding). When you arrive if, if the door to the studio is closed, it means a previous class is still in session, so please have a seat (voices to a whisper). I will be done momentarily.

You will leave any personal items (keys, purses, telephones etc) out of the studio space to keep the room free and clear of personal items. In Canandaigua we don't have a separate room so you may hang at the coat rack (just refrain from bringing such items to the mat)

All Yoga was made for healing – physically, internally, mentally, spiritually. Please be sure to tell us of any concerns you may have (arthritis in the knee, torn rotator cuff etc) so that we may offer the proper postures. We have numerous to choose from. GBY is and has always been a classical studio with a focus on inclusivity and non-dilution of the practices of Yoga.

Bring a professional yoga (sticky) mat. We have them for rent at \$2 (cash please) and a few for sale (\$8-\$34) Try to avoid Walmart, Target etc for mats as they are generally very thin and slippery. Locally – Dicks Sporting goods is best,

Questions are greatly encouraged. I (we all) am down to Earth and pretty easy going so please know you are in a safe space.

Most teachers offer handouts regarding each class and what was learned. You may take a handout if you like.

Lastly you will also receive a 15% off continuance discount card you can turn in before your first 6 weeks ends. Your new purchase can start anytime. Refer a friend and get \$15 on your account for future use. We love referrals

Am happy to guide you!

Peace and light to you....

**BLOOMFIELD LOCATION:**

1 Wellness Way

Corner of East Main St and Route 444. Entrance is from East Main Street. Lotus Grove building in the back.

Our private Peace and Waterfall Garden is in the back of this building if your class is outside.

**CANANDAIGUA LOCATION:**

514 South Main St

Corner of South Main St and Parrish Street. You can enter from either street. We are in the old Billiards building.

**Grounded by Yoga, 585-861-YOGA, [www.groundedbyyoga.com](http://www.groundedbyyoga.com). [hello@groundedbyyoga.com](mailto:hello@groundedbyyoga.com)**

**\*\*\*All Sales Final\*\*\* Due to popularity of this class as well as the preparation/personalization. No exceptions.**