

# YOGA BASICS

This class teaches the foundational poses and principles for yoga practice. The focus and pace will help you understand and experience the full benefits of hatha yoga. You will learn how to support yourself in proper alignment and a basic set of poses for home practice, applying the principles of *Svaroopa*® yoga, a compassionate practice for the body and rejuvenating for the mind.

*Svaroopa*® yoga is a modern expression of yoga's ancient tradition. It is known for opening the spine, focusing the mind and creating the experience of inner peace.

***Thursdays* 4:00-5:15pm**  
**February 18 —March 25, 2010**  
**\$90.00**

**Instructor: *Sally McAfee, RYT***

**610-578-0733 // [www.dibellayoga.com](http://www.dibellayoga.com)**

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