

# THE BASICS OF YOGA

with Jean Campbell, ryt

## MONDAY NIGHTS

6:30 ~ 7:30-ish pm

Class Fee: \$15 ~ *Props available*



### WHAT TO EXPECT

Join Jean Campbell at Dream Mecca Studio for an hour-long practice of hatha yoga. Classes will include asanas and breath work. Students will experience relaxation and learn techniques that encourage moving inward.

These classes are suitable for beginners as well as students hoping to gain a deeper understanding of yoga.

### Location:

Dream Mecca Studio  
3025 6th Avenue South  
Birmingham, AL 35233  
205.731.9420

### Information:

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