

YOGA YOGA YOGA YOGA YOGA YOGA YOGA YOGA YOGA YOGA

*Yoga By Sabrina is coming to In-Step Dance Studio this month! Come enjoy a FREE Yoga class!*

*~All fitness levels welcome~*

*Saturday, August 25th*

*in Studio B @ 9:30 am!*

### *FREE YOGA CLASS!*



Throw out all of your preconceptions of what a Yoga class is, Sabrina Campbell, E-RYT, makes practicing Yoga an exciting, unique, and inspiring experience. She offers a more intimate class in a private studio to provide individual attention to each client with focus on alignment principals, one on one teaching, and personal training. Benefits of yoga Include: reduced stress, increased flexibility, enhanced strength & endurance, natural weight loss, pain prevention, strengthened immune system, increased agility, total body definition, and improved mental relaxation.

Sabrina Yoga: You will build and boost the foundation for your yoga practice and receive individualized attention as you gain flexibility, strength, and balance. Combines

Hatha Yoga, Fitness Yoga, an intense abdominal workout & Sabrina strength moves! This class is the perfect blend of sweat and serenity! We begin the class with Surya Namaskar (Sun Salutations) and Chatarunga (Sabrina's favorite pose!) is also practiced in Sabrina Yoga. Strength-building standing poses are combined in creative Vinyasa sequences. Modifications on poses are offered for varying levels. We will build our endurance and our happiness all at the same time. You will end your journey with a sweet surrender into deep relaxation.

Dress comfortably, no shoes are needed. Please bring a mat and water. Please do not eat 2 hours prior to class. If you have any questions, feel free to email me [sabrinayoga@yahoo.com](mailto:sabrinayoga@yahoo.com).

Thank you and Namaste!