



Yoga 108

Come for the Strength & Flexibility - Stay for the Clarity

Washington University Students, Faculty and Staff,

Welcome to the Yoga 108 community!

What is Iyengar Yoga? It is a method of hatha yoga taught in the tradition of the late BKS Iyengar of Pune, India. Our classes make use of yoga props to help all students understand their personal postural habits and learn how to improve them.

Where are you overly tight and strong? Where do you need flexibility and strengthening? How can you learn this if you are not naturally flexible? We teach you how to overcome limitations to achieve success. Along the way, you can:

- ❖ tone your body,
- ❖ tune your mind
- ❖ REDUCE your stress

During the pandemic

- My primary studio is **The City Studio, #8 North Newstead 63108**. Students may attend onsite or online via Zoom. Props can be borrowed or purchased.

Washington University Students, Faculty and Staff enjoy a **50% DISCOUNT** off the student or non-student price of their first 10-week session.

To learn more about what Yoga 108 has to offer, contact **Jane Fitzgerald at 314-680-2929**.

#8 North Newstead | St. Louis, MO 63108 | www.yoga-108.com

