



WAVERLEY OAKS
ATHLETIC CLUB



For Beginner Yoga Class

Joanne Afarian

Movement for Modern Life

4 week Series

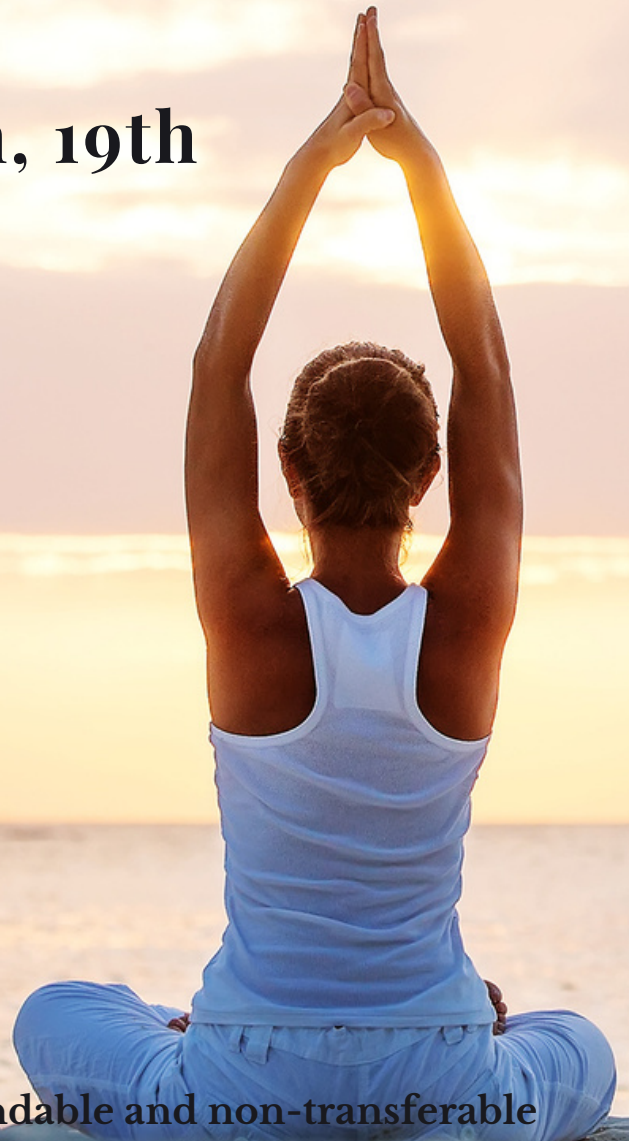
Sundays 12:30-1:30pm

April 28th, May 5th, 12th, 19th

Join Now

\$99 program fee
APP registration is
NOW OPEN

There will be no Drop in's, non-refundable and non-transferable



HATHA YOGA BEGINNER SERIES

Calling all beginner and returning to practice yogis.. if you want to start your practice with a full understanding of the basics and learn postures correctly from body alignment to breathing this series is for you. While it will be geared toward members who are new to yoga, it is also perfect for members who want a refresher on correct alignment or those who are returning to a practice after some time away.

Join me on Sundays for a 4 week series!

After a 35-year career in the pharmaceutical and biotech industries, Joanne is living her dream and teaching yoga. She has been practicing yoga for 23 years and has experienced a changing practice change over time. Joanne practiced hot power yoga and Ashtanga yoga for many years, but as she got older, she began listening more to what her body needed so she slowed her practice down. She believes there is a place for all types of yoga, including hot power yoga and Ashtanga practice, but listening to what felt best for her was a priority and this is how she teaches her classes. Joanne encourages folks to always listen and pay attention to how things feel: we are all different and it is not about how flexible we are or if we can put our head to the floor. It's about paying attention to how your body feels in a pose and meeting your practice where it is without judgement and with compassion. She believes that if you can breathe you can practice yoga – there is a pose for everyone.

Joanne is a 500hr Registered Yoga Teacher through Kripalu Yoga Center in Lenox, MA. Kripalu has been training yoga teachers for over 40 years and is the largest training center in North America. Kripalu translates to “compassion” or one who is compassionate. It is with this legacy of compassion that Joanne teaches and guides her classes. All are welcome in her class – from brand new practitioners to experienced yogis – and all body types can join Joanne in a practice of mindfulness, meditation, and learning.



Joanne Afarian