

PRIVATE INTRO TO YOGA



Intrigued by yoga but not sure what method is right for you? Let a private instructor explain the basic principles and match your goals with a workout based on Iyengar yoga that is right for you. Stretch your mind and your body as you explore a variety of invigorating and energizing poses that strengthen muscles, improve concentration, and reduce stress.

- Learn effective breathing techniques and poses from an advanced yogi
- Experiment with Iyengar yoga, based on the eight-limbed (astanga) path of yoga outlined over 2500 years ago in India, which emphasizes correct alignment and right actions which develop flexibility, strength, stamina and balance
- Feel calm and refreshed at the end of the session

Your Gift Locations*

Denver, CO

Availability

Year round, 7 days a week

Duration

1 hour and 15 minutes

Essential Information

Participant must be in good health

Numbers

Private experience for 1



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-10-1613-A