

# YOGA BEGINNER SERIES



The **YOGA BEGINNER SERIES** is offered through the Austin Public Health – Chronic Disease & Injury Prevention Program, free of charge. The classes are for people who want to be more active, and may not have the means to pay fees for a gym or class. The 8-Week series is offered at many sites in Austin & Travis County, TX, four times a year.

The classes are safe for people who may not have been in a yoga class before, or may think they are “not flexible enough” to be in a yoga class. We start with the basics, and each person goes at their own pace. Safety is Key. Plus, it’s an easy way to start moving more.

It’s vital to go to all of the classes, as each class builds on what was taught in the class before. The classes are 50-minutes long. Those who complete the series win a \$20 HEB gift card.

For class members, all you need to bring is you! We provide the Registered Yoga Teacher (RYT), yoga mats, blocks, straps, bolsters, and blankets. Max class size is 15 adults, age 18 years or more. After the 2<sup>nd</sup> class, no new class members will be allowed to join. First come, first served.

We are always looking for new partners and places to have the classes.

To learn more, please call (512) 972-5463 or email [sabrina.mccarty@austintexas.gov](mailto:sabrina.mccarty@austintexas.gov)