



# YOGA AND THE CITY

Vinyasa Practice with Sabrina G. Levi  
RYT-200, Meditation and Breathing Coach

- ॐ When: Sunday, January 16<sup>th</sup>, 2011
- ॐ Time: 1:30 p.m. – 3:00 p.m.
- ॐ Where: Align Yoga and Pilates Studio
- ॐ 19458 Ventura Blvd. Tarzana, CA 91356
- ॐ Class price: \$ 10.00 (cash please)

The class is an introduction to the practice of Vinyasa. There will be a brief explanation before beginning the practice. Practice will have the initial Pranayama (breathing exercise), warm up, Asana (core of practice, flow of Yogic positions), cool down with final Savasana (restful pose). Please bring a yoga mat; if you wish, you may bring a small blanket for Savasana. Parking available. Please contact Sabrina: (818) 825-3427 or [yogasabri@gmail.com](mailto:yogasabri@gmail.com)

**SPACE IS VERY LIMITED!!**