



# Intro to Yoga

**4 Wednesdays at 10:30am**

**February 15<sup>th</sup> - March 7<sup>th</sup>**

If you've never practiced yoga before, this is a great way to get started! Modern studies continue to reveal the many health benefits of this ancient practice. Experience for yourself how yoga is so much more than a physical practice.

- Where: Lotus Mind & Body Studio  
165 Morristown Rd., Bernardsville
- Cost: \$60 for four week session
- To register: Please call or stop by Lotus Mind and Body Studio at 908.766.YOGA (9642) or email at [info@lotusmindandbodystudio.com](mailto:info@lotusmindandbodystudio.com).
- Instructor: Pam Seelig has been practicing yoga for 15 years, and completed her training in 2006 at Integral Yoga Institute in Manhattan. Integral emphasizes not only the physical practice, but also the meditative and energetic aspects of yoga. Co-owner of Lotus and vinyasa instructor, Pam feels privileged to share the teachings of yoga - a beautiful antidote to our often stressful, day-to-day lives.