

Downtown Lunchtime Yoga

Every Wednesday- \$10 *

12:00 Noon at AT&T

Experience yoga during the convenience of your lunch break. Once a week you can enjoy gentle breathing exercises coupled with basic yoga postures to open, relax, and restore your body and help to relieve the day to day stresses associated with working in a corporate environment.

New to yoga- no problem! Experienced yoga instructor and local studio owner, Leah Lillios, will easily help guide you through beginner poses introducing proper technique suited for your body.

*** 6 Week Session Series- \$60**

Pre-registration recommended.

Good for six 60 min sessions.

Walk-ins are welcome- \$13/ class.



About the instructor:

Katie Noss began her study of Yoga over 5 years ago, shortly after the birth of her twin daughters. Through early instruction from DVDs and the local YMCA, Katie began to realize there is more to Yoga than the physical asanas. Intrigued by the long and vast philosophy of this ancient art and realizing the inner awareness her practice was fostering, Katie was inspired to pursue a teacher training program through the Yoga School at the Yoga Room in Nashville, where she has been training with an emphasis in the Iyengar tradition and restorative poses. She is certified and registered with the Yoga Alliance. Katie looks forward to sharing the benefits of yoga with the community.

For Details and to Pre-register Contact:
Kali Yuga Yoga: info@kaliyugayoga.com 615/260.5361

AT&T Tower  330 Commerce St.
Pioneer Room off the Main Lobby