



Intermediate Yoga

Mondays, January 28-March 11

5 pm-6 pm

Larry P. Fleschner Memorial Classroom
The Maple Center, Suite 400
1801 N 6th Street
Terre Haute, Indiana

Cost: \$10 per individual class or
\$70 for the series of 7 classes
Scholarships available

Register at www.themaplecenter.org

Deepen your existing yoga practice by learning new postures and variations, or holding certain postures longer. In order to enhance and balance the flow of energy (prana) we use specific pranayama – the control of prana (life-force) – through specific breathing techniques. Great for all, who want to take their practice to the next level!

Please note that this class is **not** designed for newcomers or refreshers, but for yoga practitioners, who have been practicing yoga on a regular basis.



The class instructor will be Devaki, she is an international experienced yoga teacher (E-RYT 500+) since 2000. She holds a master's degree in psychology from the University of Cologne, Germany. She is also a licensed massage therapist and certified Ayurvedic health counselor.

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