



'The Awareness Center' and 'Life Is A Stretch' present:

Mixed Level Yoga Class

Yoga Level I/II

Thursdays, 5:45 – 7:15 PM

June 4 – July 30, 2009

9-week session

The Awareness Center

280 East Main Street, #109
Newark, DE 19711

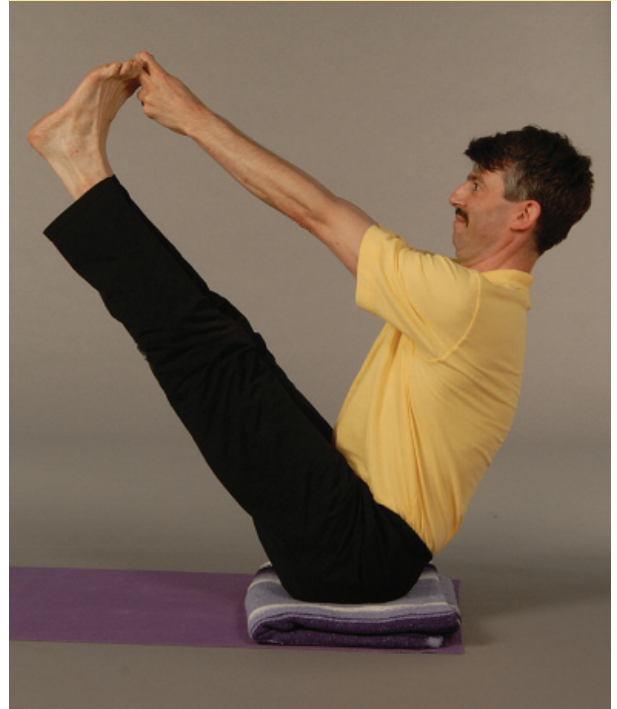


Located *behind* Newark Natural Foods and across from the Newark Arts Alliance in the Market East Plaza (East Main Street & Tyre Avenue). Look for the green awning and custom wood door at the studio entrance. Ample parking available nearby.

Cost: \$12.50/class (minimum 4-week registration),
or \$15/single class

Make checks payable to: Awareness Center

Taught by Robert Gadon



About the class

Suitable for students with at least 3 months experience practicing hatha yoga, and no limiting physical injuries. The class is geared to students who wish to deepen and refine their yoga practice. Students will be introduced to half moon pose (balancing away from the wall), inversions (e.g. shoulder stand, head stand, and arm balancings), and simple backward extensions.

About the instructor

Robert Gadon has practiced Iyengar yoga for the past 12 years, and taught in the Iyengar method since 2004. His teaching is thoughtful, precise, challenging, and fun. He currently attends the yoga teacher certification training program at Studio Yoga in Madison, New Jersey directed by Theresa Rowland.

For more information about Robert and this class:

WEB: www.awarenesscenterde.com • www.lifeisastretch.com PHONE: 302-792-7230

