



Introduction to Gentle Ashtanga Yoga

Come join us on Wednesday,



January 13th at 5:30 pm.

This SPECIAL INTRODUCTORY CLASS is being offered at a one time discounted cost of \$10.

The following week begins a six-week series for \$72 .

Pre-registration required.

Ashtanga Yoga, is a wonderful practice that facilitates development of strength, flexibility, discipline, re-alignment, balance, and relaxation. This class is open to All Levels, as you work at your own pace. Special attention is happily given when needed.

Class is taught by Deborah VonStorch.

Deborah VonStorch. After visiting India in 1990 Deborah returned with a passion to learn yoga. She studied with many of our talented Cape Cod teachers who introduced her to Kripalu, Phoenix Rising, Iyengar, Bikram, Power yoga and eventually Ashtanga, which is her current practice. While taking workshops in Self Awakening Yoga with Don Stapleton, Restorative Yoga with Sudha Carolyn Lundeen, Prajna yoga with Tias Little and practicing with the amazing teacher Deema Metri, Deborah entered Zen Yoga teacher training finishing her studies with the Inner Peace Yoga Teacher Training school in Centerville. She is a Registered Yoga Teacher and has been leading gentle, introductory yoga classes as well as the physically challenging primary series of Ashtanga. Her most recent education was a 40 hour teacher training in Ashtanga with guru David Swenson and she is now exploring Yoga as part of a Trauma Treatment for adolescents and adults.