



Shaw JCC  
Akron

# YOGA FOUNDATIONS WORKSHOP

BY KEVIN JAMES KARAS

*A 4-week series to learn the basic aspects of Yoga or deepen your current practice!*

## *Information:*

February 7 - 28, 2021

Sundays, 1:30 - 3 pm

Cost: \$65 M / \$95 G



To learn more or register, call the Fitness Desk at 330-835-0042.



## Leave this training with:

- A strong foundation to begin or deepen your practice
- Tips for developing a safe and healthy practice
- An understanding of the purpose of a yogic practice to deepen strength, flexibility, balance, reduce anxiety and improve concentration

Kevin teaches cross-disciplinary continuing education, leads a 200-hour yoga school & intentional living community, and is the Executive Director of Elevate Akron. Kevin's mission helps people to live more meaningful and growth-filled lives.

