



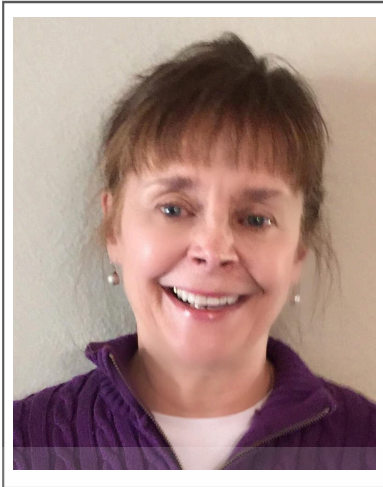
**The Yoga Solution**

20 YEARS

5290 Elvas Avenue  
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[www.TheYogaSolution.net](http://www.TheYogaSolution.net)



# Introduction to Yoga II

## with Jennifer Sadugor

In this series, we will build upon the following principles of yoga:

- ❖ Principles of Alignment and Form in the Various Poses
- ❖ The Appropriate Use of Props in the Poses & Their Importance
- ❖ Poses That Will Improve Balance, Flexibility and Strength
- ❖ Poses That Allow for Deep Relaxation

**Jennifer Sadugor**, B.A., AVI Certified Yoga Therapist, E-RYT/500 hour level Yoga Teacher, relocated in 1996 from Los Angeles to Sacramento where she founded The Yoga Solution. Jennifer teaches Hatha Yoga that is influenced by her teacher, Donald Moyer, a long time student of B.K.S. Iyengar. Her classes are adapted for all ages and levels with a primary focus on alignment, form, breath work and deep relaxation.

Jennifer also offers therapeutic yoga classes and private sessions.

**Dates:** Six Week Series

Thursdays  
May 11 - Jun 15 2017

**Time:**

6:00 - 7:30 p.m.

**Cost:**

\$89  
(\$79 if paid by May 1, 2017)

*This is not a drop-in class. Seven or more days written notice of cancellation in order to receive a credit.*

**For additional information or to sign up for the series contact:**

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