

New Class for Summer at Lumina in Wayland!



Wednesday Yoga Workshop*

With Janine Agoglia

Wednesdays 9:30–10:45am

Each week there will be a new theme to explore! These yoga “workshops” are for any student looking to explore the theme of the week in more detail than is normally possible in a vinyasa class. Classes are open to all levels, with variations appropriate for both beginning and advanced students.

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| July 11 | Mountain Pose, and many poses “containing” Mountain |
| July 18 | Balance: How many ways can you balance? |
| July 25 | Vinyasa 101 Mini: Plank, Chaturanga, Up and Down Dog |
| August 1 | Standing and Balance Poses based on Warrior 2 |
| August 8 | Inversions, both supported and unsupported |
| August 15 | Twists and Backbends: Safely move your spine |
| August 22 | Hips and Hammies: Strengthen and stretch |
| August 29 | Arm Balances: Starting with Crow, we’ll and see where we go |

*This class will replace Vinyasa Level 2 through the Summer.
Vinyasa Level 2 will resume on Sept. 5th.



These classes are free to members!
5-class cards, 10-class cards and drop in fees apply.