Yoga Classes with Larry and Lauren at Yoga Flow Studio
1009 Glen Cove Avenue, Glen Head, NY 11545

Find inner peace and harmony. Build strength and flexibility. Relax the body and mind.

Vinyasa Flow Yoga is a practice that links the breath to movement. It is often described as a moving meditation or a dynamic dance. The postures practiced in these classes build strength, flexibility, and concentration while cleansing the body and calming the mind. Sun salutations are repeated throughout the class to build internal heat. This heat allows more freedom of exploration within the asanas or postures and purges toxins and impurities out of the system. These classes also incorporate yogic philosophy, readings, and music to inspire students on and off their mats. **Open to all levels.**

SATURDAYS, NOVEMBER 2, 9 & 16 FROM 10:30AM-12:00PM

<u>Class pricing:</u>

$20 Walk-In - $90 for 5-class pack

$170 for 10-class pack - $300 for 20-class pack

$45 - *New Student Special for these three November classes (cannot be shared)*

For more information call (516) 445-1484 or visit karensyogaandmassage.com

Larry Weinberg began his yoga practice in 1969 at the Sivananda Yoga Ashram in Val Marin, Canada. He completed the Sivananda Yoga Teacher Training course in the summer of 1970 and has dedicated his life to studying, teaching and sharing the knowledge he gained with others throughout the years. In his yoga classes, Larry creates a fun and safe environment where students can enjoy peace, tranquility, and relaxation while learning the benefits of living a spiritual lifestyle.

Lauren Silverstein is a Registered Yoga Instructor and has been studying Anusara Inspired yoga with Lorraine Aguilar since 2005. She completed 500 hours of Advanced Teacher Training at Yoga Flow Studio. Her devotion to the practice of yoga and meditation have helped her grow stronger, more flexible and fearless on and off the mat. Yoga inspires her to live each moment more mindfully. She continues to practice Ashtanga, Iyengar and Anusara Inspired yoga.