

Dharma Yoga®

S r i D h a r m a M i t t r a

E A S T | W E S T



DHARMA YOGA ASANA CLINIC HIPS, HAMSTRINGS, AND HEALTHY KNEES

with Rebecca Kovacs at DY East
Saturday May 28th 6:15 - 8:15pm



Keeping healthy motor functions in the legs allows for ease and freedom of movement no matter what the age. This Clinic will give you tools needed to stretch and tone your knees, hips and hamstrings correctly to last your lifetime.

Establish the proper alignment and attention in your asana practice by learning the spiritual intention of each pose. Sri Dharma Mittra always says, "Each pose is designed to bring the practitioner a specific state of consciousness." Question and answer session included.



The Art of Inversions

with DY Team: Kim, Bernadette, and Rebecca

Saturday, June 25th 6:15 - 8:15pm at DY West

\$40 | PRE-REGISTER ONLINE or CALL 212.889.8160



Dharma East | 297 Third Avenue | 3rd FL | 212.889.8160
Dharma West | 61 West 23rd St | 6th FL | 212.889.8160

WWW.DHARMAYOGACENTER.COM