



Have you heard about the benefits of yoga but thought:
“I can’t do those poses” or
“I’m not flexible enough” or
“I don’t want anyone to see me – I don’t know what I’m doing”?
Then this program is for you!

The goal of the program is to provide each person with knowledge and experience to continue their practice at a local studio, gym, or in their own home.

Each class consists of a 90 min practice that provides the participant with yoga terminology, breathing techniques, meditation, and poses for 4 different styles of yoga (chair-assisted, gentle, hatha, yin and restorative).



Dates of Program: 4 Mondays starting March 4th thru March 25th

Time: 4:30 PM - 6:00 PM

Location: Cotuit Center for the Arts

Program Cost: \$85/members \$100/non-members

Registration or more information: <https://artsonthecape.org/current-classes>



Sue Andersen is a 500 hr. Registered Yoga Teacher and holds certifications in Vinyasa, Yin, Restorative Yoga, and Meditation and additional training in Trauma Informed Yoga.