

## Yoga Workshop Series

March 19<sup>th</sup> & 20<sup>th</sup>

▶ **March 19<sup>th</sup> — Friday 6 pm**

**Westwood — Studio WW**

**Barkan Method Hot Yoga**

▶ **March 20<sup>th</sup> — Saturday 8:30 am**

**North Haledon — Studio NH**

**Hot Vinyasa w/ Jimmy**

Jimmy Barkan — One of the nations' premier Yoga Instructors is coming to Hot Yoga NJ to do a 2 part Workshop Series to will transform your practice.

How to Motivate, Create & Perpetuate your Practice (Pysical, Mental, Spiritual Orientations of Practice)

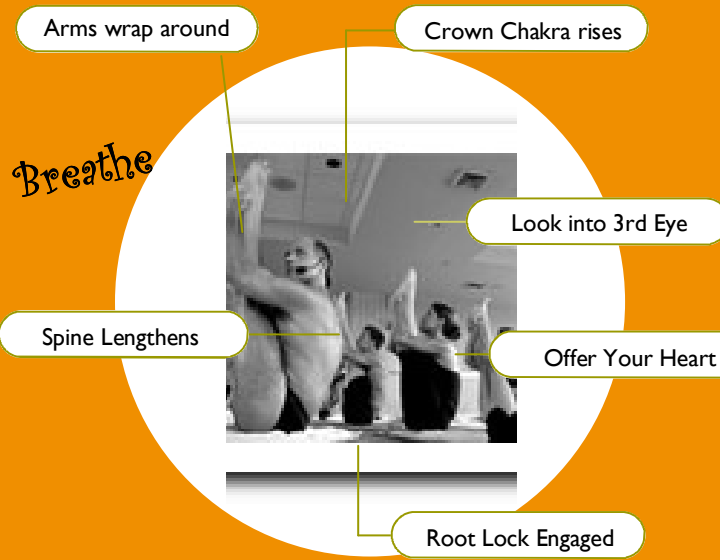
Philosophy of Yoga & Hot Yoga (Chakra System, Background & Traditions, etc...)

Question & Answer session

Posture Clinic to review Alignment, Benefits, Modifications (Beginner & Experienced) , and New Asana review w/ Modifications (Beginner & Advanced)

75 Min. Class— Hot Barkan Method & Hot Vinyasa Flow

Pre Pay ONLINE for ONLY \$ 75



## Jimmy Barkan Workshop Series

**2 1/2 hour — Workshop Class**

**30 Min. Lecture**

**45 Min. Workshop**

**75 Min. Hot Barkan Class (Fri)**

**Hot Vinyasa Class (Sat)**

**\$75 Pay ONLINE - OR - \$85 at the Door**

**Register ONLINE:  
www.HotYogaNJ.com**

