

January, 2012  
Beginner's Hatha Yoga Series:  
A 6-Week Introductory Course  
with Kate Alesio



at Peconic River Yoga 93 East Main Street, Riverhead

Classes will be held on 6 Monday evenings, from 7:15 pm to 8:45 pm.

Dates: January 16, 23 & 30 February 5, 13 & 20)

Join PRY Director Kate Alesio, for this fun, safe and informative 6-week course, designed to give the beginning yoga student a solid foundation in yoga.

**This course is for:**

- Brand new beginners and anyone returning to the practice
- Experienced students who would like to deepen their knowledge and skill
- Yoga instructors who would like to learn how to teach the beginner student

**Classes will include instruction in:**

- Basic hatha yoga postures
- Fundamentals of alignment
- Use of props
- Benefits and contraindications
- Basic breathing techniques
- How to link breath & movement
- Deep relaxation practice
- Introduction to meditation
- Historical content and philosophy

There will be time for Q & A during each session. After completing this course, the beginning student will be able to make a safe and enjoyable transition into the other classes offered at Peconic River Yoga.

The benefits of yoga are available to EVERYONE, regardless of age and level of flexibility. All are welcome!

**Investment:** \$150 for 6 classes. \$135 if registered by January 4.

**Please note:** There are no refunds or cancellations, once registered for this course.

**To Register:** Stop in to pay with cash, check or credit card. To pay with c.c. by phone, call PRY @ 631-369-9569.

Or, mail a check to: PRY, 93 E. Main St., Riverhead, NY 11901 (payable to Peconic River Yoga).

Space is limited, so please register early!

**Katherine (Kate) Alesio, MA (PRY Founder/Director)**, is a yoga instructor certified at the 500-hour Professional Level, in the Kripalu tradition. Kate's classes include influences from a variety of other traditions, including Iyengar, Vinyasa Flow and Yin Yoga. Kate worked in the mental health field for 17 years prior to becoming a yoga instructor.

Voted one of the "Best Yoga Teachers" on the East End, 2010 (Dan's Papers), Kate's caring and compassionate approach encourages students to challenge themselves while honoring their inner wisdom. Kate has been practicing yoga and meditation for over 13 years. **For class schedules**

**and more information about PRY, please visit:** [www.peconicriveryoga.com](http://www.peconicriveryoga.com)

