

New, Dynamic Level 1-2 Class with Bhuvna Ayyagari

Tuesdays 6:00-7:15 PM, starting September 15th 2020

Have you wanted to try Yoga but thought it was not challenging enough or that you weren't flexible enough? Have you been looking for a Yoga class that is invigorating while based on a solid foundation of alignment? Search no more! Come join Bhuvna Ayyagari for a dynamic class that will keep you moving and sweating through a variety of asanas. Build strength, flexibility, endurance and confidence with this new class. 4-class series recommended; drop-ins are welcome. No prior experience required. Try your first class for free. Classes via Zoom, please contact Bhuvna to register

Bhuvna Ayyagari

bhuvna_ayyagari@yahoo.com

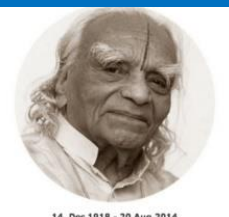
408-480-4086

Bhuvna's passion for Yoga began as a young adult when she picked up her first copy of *Light on Yoga*. She is a certified Iyengar Yoga Teacher, having graduated from the Iyengar South Bay Teacher Training program and continues to study with Jito Yumibe and Marla Apt. Bhuvna believes that there is a Yoga for everyone and every condition and considers it her mission to spread the joy of Yoga



Yoga does not just change the way we see things, it transforms the person who sees

B.K.S Iyengar, Light on Life



14. Dec. 1918 - 20. Aug. 2014