



Intro to HOT Yoga

with Tea Shahbazi

learn grow embrace



COST:
\$35 or
\$19 for one
session

Introduction to HOT Yoga 2 sessions

- Sat *July 24th*, 11:15AM (90min)
Standing series in the Shakti room
(reduced heat)

- Sun *July 25th*, 11:15AM (90min)
Floor series in the Shakti room

Sign up [online](#).

Space is limited so
payment must be
received in order to
reserve you spots.
No refunds allowed
after July 22nd.



These classes are very popular with all students, and are also designed for those who are looking to try Moksha Hot Yoga for the very first time. The setting is particularly suited and designed for first timers, as well as more experienced students who wish to learn more about the series. **Lowered heat, detailed instruction, and a Q & A period** at the end of each session will help you get the most out of your yoga practice.

This is a great workshop to **tell friends and family about who may feel a little intimidated about this hot, sweaty yoga!** This is an opportunity to slow the class down, ask questions and offer you many tips and tools for each posture that may not be possible in a Moksha class setting. There will be lots of **focus on proper alignment, along with a focus on proper breathing techniques.**