April 6 - May 25, 2020

# Yoga Foundations with Sarah Wolfy

Company: The Muse Brooklyn
Venue: The Muse Brooklyn
Location: Brooklyn, NY

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The basics or foundations to yoga are so important because the are the roots to growing into the most beautiful version of yourself.
The are useful not only in the beginning of your yoga journey but can be revisited later to look deeper at finding ways to ground into poses so that you can be more stable, calm and present.
One often practices foundations in Winter. In times like these, it can feel more like winter rather than spring, a perfect opportunity to dig deep and find our sense of source through practices like these.
If we liken the foundational roots of yoga to that of a plant, we are reminded that we can not survive with out them.

Join here: https://zoom.us/j/683047916

Donations welcome via MindBody registration, Paypal (themusebrooklyn@gmail.com - please send "to a friend") and Venmo (@TheMuseBrooklyn), just please don't forget to mention the name of the class and day!

The Muse Brooklyn
https://zoom.us/j/683047916
Brooklyn, NY, 11237

Schedule
April 6, 2020: 6:15pm
April 13, 2020: 6:15pm
April 20, 2020: 6:15pm
April 27, 2020: 6:15pm
May 4, 2020: 6:15pm
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