



Class Name: Beginning Yoga
Fall and Spring 2018-19

Tutor: Patricia Rota
E-Mail: patriciarota@hotmail.com
Cell Phone: (504) 312-2773

Grade Level: Any

Class Description: The emphasis in this class will be on the physical aspect of yoga; flexibility, strength, calming breath work and general wellness. This class begins at 9:00 and will release at 9:45 to give students a chance to change if needed.

Tutor Information: “I have been a practicing yoga for over 40 years and teaching for 20. I have taught yoga at Brevard Community College, the Zen Room in Cocoa Village and many places in California and New Orleans, to name a few. I truly believe yoga gives one the ability to go through life with calmness and balance. I would love to share this practice with you! Parents are welcome.”

Prerequisites: None

Textbook: None

Supplies: Yoga Mat

- **Monthly Class Cost:** \$5.00 per week
- **Materials Fee:** None

Maximum # of students: 15 **Minimum # of Students:** 5