

# Announcing: March Online Classes with Northern Lights Yoga

Beginning Monday, March 1, 2021, and Wednesday, March 3, 2021. Northern Lights Yoga will be offering classes via Zoom. The two classes will run through the end of March and may be continued after that.

We are excited to be able to offer classes again in a way that takes the current world situation into account.

Judy Landecker will teach a general asana class on Mondays from 5:30pm through 6:30pm. This class will be open to all levels.

On Wednesday s from 5:30pm through 6:30pm Charles will teach a class for students with structural therapeutics needs. This will include but no be limited to issues with low back, hips, knees, neck, and shoulders. It is open to all levels. Each class will focus on different structural issues and how to use Yoga to help deal with them.

The cost for the Monday classes is \$50 for the month, the Wednesday classes are \$50 for the month (\$100 to take both for the month) or \$11 per class as a drop in.

If you are interested, send an e-mail to [jmypal@aol.com](mailto:jmypal@aol.com) with Online Class Sign-up in the Subject line. Be sure to include what class you are interested in (yes, it can be both). We will respond with a form to complete and information on how to pay. The message will also include a list of props that are necessary (with some ideas for prop substitutions where that makes sense). We have some props for sale and some for rent. It will also include instructions on the required steps once you have joined us in the class on Zoom. Be sure to follow these instructions carefully. Not doing so may spoil your experience of the class and the experience of others as well.

Once we have received your payment, we will issue an invitation to the class that will include a link to join us via Zoom.