
SARAH RAS

POWER POSES FOR MOMS!

A relaxing yoga-style exercise session specifically designed for our homeschool moms and students, taught by Sarah Ras, a certified yoga instructor!

Time: 1st Period, 9am-10am

No supply fee for this class!

Description:

This class will focus on powerful postures and is geared toward individuals who are interested in breaking a sweat while learning how to focus the mind and breath. This class will focus on powerful postures that improve the body on the inside as well as the outside.

These improvements include, but are in no way limited to: enhanced cardiovascular health, joint health, increased strength, flexibility and endurance as the body is using muscles that can often be neglected. These poses will help relieve stress from daily life and from tight-knotted muscles all while encouraging you to focus on the present.

This class will push you physically, but also help you refresh mentally.

Class Fees and Payment Options:

Annual materials fee \$50 (*except for Mixed Media which is \$75*)

Monthly fee: \$50

Instructor Contact Information:

Sarah Ras

Phone:

210-274-5179

Email:

sarahpalmer.e@gmail.com

[Power Poses Registration Form](#)