

# YOGA CLASS

With Jen Geller @ Temple Emunah



**8 Classes, Thursdays**

**9:30 AM—10:30 AM**

**March 28—May 23, 2019**

**(no class on April 18)**

**Rubinovitz Social Hall**

**Cost: \$10 / session**

**OR \$60 for all 8 Sessions**

**Payment to the Sisterhood**

Jen Geller MS, PT RYT 200. Jen is a physical therapist, yoga instructor, and has been a member of Temple Emunah since 1997. Jen was a competitive athlete and distance runner for many years until a severe hamstring injury brought her to yoga. After practicing on and off for years, Jen realized that yoga was much more than postures and wanted to share the benefits of yoga with as many people as possible. Drawing on her knowledge of anatomy and biomechanics, Jen will guide her students through a very safe practice, offering specific modifications when necessary.

This class will be a Vinyasa yoga class. Vinyasa yoga is a physical form of yoga where postures are combined to create a flow. By combining breath with movement, this flow can build strength, increase flexibility, and can also help calm the body, and bring clarity to the mind. Vinyasa yoga is a dynamic form of yoga but is accessible for all levels of practitioners—beginners, veterans, young and old. ***Bring a mat and an open mind!***



**This program is co-sponsored by the Temple Sisterhood and Adult Ed Committee.**

**To register for the class, contact Linna Ettinger at [adulted@templeemunah.org](mailto:adulted@templeemunah.org).**

**Checks should be made out to The Temple Emunah Sisterhood.**



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