

YOGA CLASS

With Jen Geller @ Temple Emunah



8 Classes

Thursdays, 9:30 AM—10:30 AM

October 18—December 13, 2018

(no class on Thanksgiving)

Rubinovitz Social Hall

Cost: \$10 / session

OR \$50 for all 8 Sessions

Jen Geller 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.

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 yoga practitioners- beginners, veterans, young and old. Drawing on her knowledge of anatomy and biomechanics, Jen will guide her students through a very safe practice, offering specific modifications when necessary.

Jen lives in Lexington with her husband Dave, and three daughters- Hannah, Jocelyn and Madison. She teaches at Lexington Power Yoga and is excited to bring yoga to the Emunah community.



This program is co-sponsored by the Temple Sisterhood and Adult Education Committee. To register for the class, contact Linna Ettinger at adulted@templeemunah.org.

Checks should be made out to The Temple Emunah Sisterhood. Please bring your own yoga mat to each class!



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