

# YOGA CLASS

With Jen Geller @ Temple Emunah



***Back by popular demand!*** Vinyasa Yoga with Jen Geller will now be offered on a weekly basis: Tuesdays at 4:00—5:00 PM for just \$10 / class! Classes start on September 10th and will run on an on-going basis.

**Drop off the kids at Hebrew School and enjoy an hour of yoga!**

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 class meets weekly, unless otherwise noted. Payment goes directly to Jen and cannot be added to your Temple Bill. Please come with cash or a check made out to Jen Geller.**



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