



## **Iyengar Yoga**

Iyengar focuses on precise alignment of the body with the use of blocks & straps to achieve the maximum physical and emotional benefit with each yoga pose. Iyengar uses a mix of stands, twists, forward bends, back extensions, and/or light inversions to maximize opening and awareness in the body and stimulate healthy circulation. Bring a yoga mat, bath-size towel/blanket, comfortable clothes, & your sense of curiosity. Avoid eating 1 hour prior. No previous yoga experience needed.

**Leader: Sandra Castellano (DOT)** Sandra has been practicing Iyengar Yoga for over 12 years. She's currently enrolled in the intensive, 2-year teacher training program at the Iyengar Institute in San Francisco and is excited to offer yoga to her City colleagues.