

The Sastun Center for Integrative Health Care Ongoing Yoga Classes



Instructor: Claudia Cardin-Kleffner, OTR, RYT

Registration required. Call 913-341-2128 or e-mail: claudiacardin@sbcglobal.net

Sastun Center Classroom

Bldg 22, Suite 2200

10875 Grandview

Overland Park, KS 66210

YOGA LEVEL I

Learn the fundamentals of yoga including gentle stretching, postures, relaxation and breathing techniques. This class is perfect for the beginner or more experienced student with the emphasis on renew, relax, and refresh.

Classes are ongoing 8-week sessions on Wednesday evenings.

Date/Time: Wednesdays – 6:00pm – 7:15pm.

Cost/Register: \$84.00 per 8 week session.

YOGA LEVEL II

This class offers a variety of postures as well as the energetic vinyasa flow of yoga sequencing. Suitable for those who have taken a level I or beginner class and want to expand their practice with an emphasis on strength, flexibility and focus. Classes are ongoing 8-week sessions on Thursday evenings.

Date/Time: Thursdays – 6:00pm – 7:15pm.

Cost/Register: \$84.00 per 8 week session.

For new and date specific classes, please check out the Sastun Center Newsletter online at

www.sastuncenter.com