

Lisa Tsetse



Yoga

Renew • Restore • Rejuvenate

Each class promotes an environment that nurtures self and group respect. Precise anatomical alignment, inner awareness and clarity are encouraged as personal resources for yoga practice and for life. The goal of each class is to deepen our curiosity for learning and enhance our capacity for growth.

Lisa has trained in the Iyengar tradition of Hatha Yoga for the past 25 years. The related disciplines of modern dance, the Feldenkrais Method and Authentic Movement inform her teaching style.

Classes begin January 2, 2009 @ Sunrise
January 7, 2009 @ Soma



LISA TSETSE, ABMP-certified bodyworker, Guild-certified Feldenkrais® practitioner, Hatha yoga teacher

DATES/TIMES

LOCATION

Wednesdays

5:45-7:15 p.m. - Level 1 & 2

Soma Living Arts

409 W. State St.

Ithaca, NY 14850

Fridays

8:30-10 a.m. - Level 2 & 3

Sunrise Yoga

119 S. Cayuga St. #301

Ithaca, NY 14850

Level 1 & 2: Basic sitting, standing, twisting postures and inversions will be introduced & reviewed. Beginning students and continuing students of all levels are welcome to attend.

Level 2 & 3: Refinement of sitting, standing, twisting postures and inversions will be taught. Continuing students with at least 1 year of training and home practice are welcomed in this class.

Call (607) 277-1694 for more information!

Classes are ongoing and drop-in students are invited to attend at any time. Lisa will be happy to answer any questions you have regarding her classes. You can reach her at bodywork@lisatsetse.com or log onto her website at www.lisatsetse.com

The universe unfolds in the body.

Octavio Paz