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## *Class Levels*

### **Gentle Yoga**

A slower paced class for people with health concerns or who have been inactive for a while.

### **Level 1**

Beginners and students with less than 6 months of Iyengar Yoga experience.

### **Level 2**

Minimum 6 months Iyengar yoga experience. For those who are ready to begin headstand, arm balances and sitting forward bends.

### **Level 3**

Ability to do headstand (sirsasana), shoulderstand (sarvangasana), and backbend (urdhva danurasana).

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Office Address: 501 Tanner Street, Carrollton, GA 30117  
Office Billing & Payment Address: 127 East Center Street, Carrollton, GA 30117  
Phone: Cell: (after hours) Email: [jjperola@thezenter.net](mailto:jjperola@thezenter.net) Alex's Cell:

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