

Iyengar Yoga Classes



UNC FARM 1 ALICE INGRAM CIRCLE, CHAPEL HILL NC

Tuesday 5:45-7 pm *Yoga Foundations* (Anne)

Friday 10-11:15 am (Carolyn)

Saturday 10:00-11:15 am *Level I/II* (Anne)

New Class: Yoga for Racquet Sports

Wednesday 3-4pm (Anne)

You do not need to be a Farm Member to take yoga classes.

Sign up in Court Reserve or we'll sign you up!



Yoga Foundations: This beginner-friendly class focuses on the fundamental actions, alignment and adjustments needed to build a strong foundation in yoga poses. This class aims to build strength, flexibility and body awareness while creating stability and spaciousness.

Level I/II: This class is for students who have some experience with basic yoga poses and alignment and are looking to deepen their practice, explore more challenging poses while building strength and flexibility.

Yoga for Racquet Sports: Classes will explore poses to counteract common muscle imbalances, sharpen focus, and develop strength and flexibility.