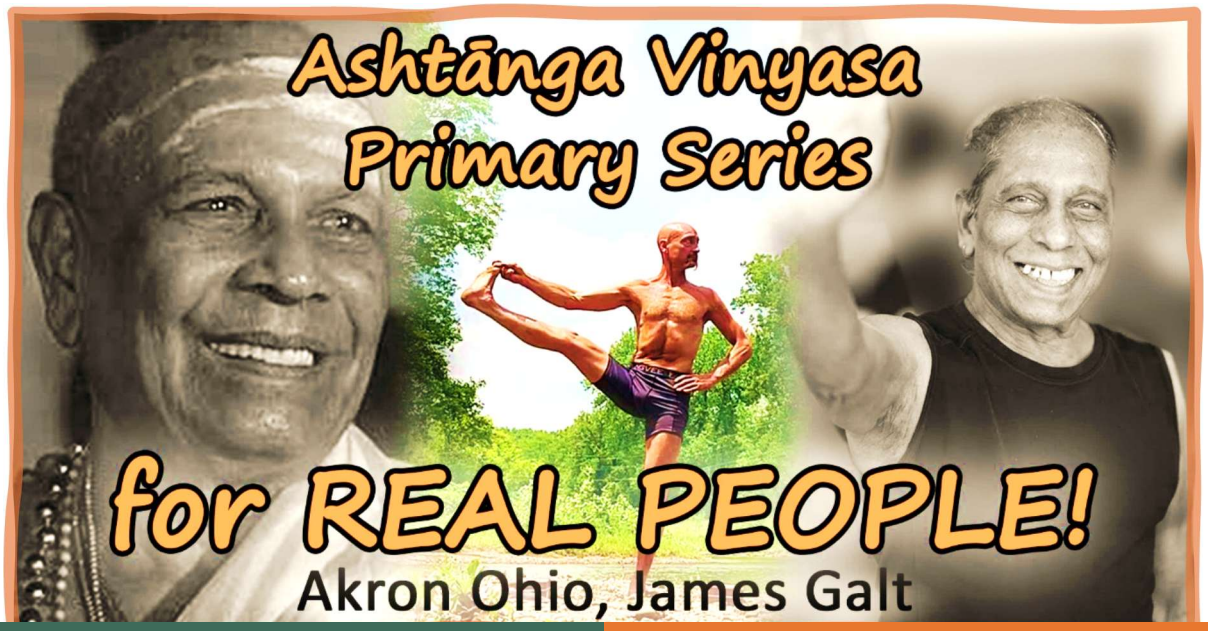
Beat the winter blahs. Start November 21.

Heal-Thy-Self Workshop + a weekly Ashtānga Vinyasa Series at Unity Yoga & Wellness



WORKSHOP
Sat, Nov 21, 2026
11am–1pm • $21

18-SESSION SERIES
Sundays, Nov 29 – Mar 21, Sat Mar 27
12–1:45pm • $21/class

You've seen it online… now feel it for yourself! You don't need to be a superstar 12-year-old gymnast. You just need to SHOW UP. Beginners, stiff hips and busy calendars are welcome. **This workshop is the foundation:** in one session you'll learn what you need to step into the weekly classes with confidence.

What is it? The Jois Ashtānga Primary Series (Yoga Chikitsa, "yoga therapy") is a set sequence of postures designed to heal and tune the body. Practiced regularly, it builds strength, balance and flexibility while cultivating a calm, steady mind. Because the sequence stays the same, you get to *watch yourself change* week to week.

You'll learn

- **Lineage:** the history behind the practice
- **Details that matter:** how subtle points of breath and posture change everything
- **Tools of moving meditation:** ujjayi (breath), drishtis (gazes), bandhas (energy locks) and baddhas (binds)
- **Tradition:** the opening and closing chants, and the 8 limbs of yoga, in motion!

Real support, for real people. This is a PRACTICE, not a YouTube video! Every body is different, and so is every day, so you'll get individual guidance. Learn the foundation here, then keep showing up on Sundays to build on it. **Bring** a yoga mat, water and yourself. We provide everything else, including a journal for notes and tracking your progress.

PRE-PAY PROMOTIONS:

18-session Ashtānga Series **JUST $255** (paid by 11/27), or **$265 including workshop** (paid by 11/19).
Add MONTHLY UNLIMITED Regular Unity Classes ($108) **3-MONTHS-FOR-THE-PRICE-OF-1!**

Reserve your workshop spot by Nov 19: 330-587-8774
Unity Yoga & Wellness • 470 Portage Lakes Drive, Akron, Ohio 44319

UNITY YOGA & WELLNESS
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