

# Daily Breath

## SCHEDULE

### SATURDAYS

**8:00-9:30AM** INTERMEDIATE YOGA - PHYSICALLY DEMANDING

**9:30-11:00AM** MIXED LEVEL YOGA- BEGINNERS WELCOME!

WELLESLEY CONGREGATIONAL 'VILLAGE' CHURCH

2 CENTRAL ST WELLESLEY

ENTER THROUGH REAR DOOR IN PARKING LOT

### MONDAYS

**6:45-8:00AM** VIGOROUS VINYASA YOGA

LAUGHING DOG YOGA

159 LINDEN ST WELLESLEY - \$12.00 SPECIAL

### WEDNESDAYS

**7:00-8:30PM** MIXED LEVEL YOGA - BEGINNERS WELCOME!

DOVER CENTER AT CARYL SCHOOL

SPRINGDALE & CENTRE ST (TURN INTO WHITING RD)

ENTER FROM REAR DOOR

### THURSDAYS

**9:00 -10:00AM** PILATES MAT

1 EDSON RD NATICK

### FRIDAYS

**12:00 -2:00PM** ADVANCED TECHNIQUES-TEACHER TRAINING

1 EDSON RD NATICK

### SUNDAY SALONS

**4:00-6:00PM** FIRST SUNDAY OF EACH MONTH

1 EDSON RD NATICK

### PRICING

\$17.00 - SINGLE CLASS

\$150.00 - 10 CLASS CARD

\$140.00 - 10 CLASS CARD FOR MULTIPLE FAMILY MEMBERS

*If you are unable to pay, classes on a donation basis, or free.*

**PRIVATE SESSIONS AVAILABLE**  
INFO@DAILYBREATHJOURNAL.COM  
508-651-7591

**SAMANTHACAMERON** PRINCIPAL INSTRUCTOR

## OVERVIEW & INTENTION

Daily Breath Yoga School is an interdisciplinary approach to understanding and instructing Yoga. It is based on Yoga Alliance's 200 hour curriculum, and certified by YA. Workshops, offered in modules, are formulated for those who wish to take it to the next level, those needing on-going certifications, as well as 200 hour students. Classes are physically demanding, emotionally supportive, and mentally expansive. The large question students address in this journey is, "Where/who am I in all of this? What is my response, my understanding as I incorporate multiple layers of Yoga into my being? Becoming a yoga teacher changes one's life, and the life of those around you. Be prepared to transform, to open to a body/mind/spirit that have been waiting for you.

## ABOUT SAMANTHA PRINCIPAL INSTRUCTOR

500 Hour Yoga Instructor Yoga, creator of ShaktiYogaDances, dance instructor at Wellesley College, choreographer, multimedia artist, and professional Astrologer. Samantha teaches a wide spectrum of Yoga, from a demanding Asana practice to the nurturing of Yoga-therapeutics. Her creative approach incorporates chant, mudra, Pranayama, and layers of subtle body awareness to encourage self care and transformation through physical, emotional and spiritual growth.



## DAILY BREATH YOGA SCHOOL

info@dailybreathjournal.com 508-651-7591

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