



# ASHTANGA HALF PRIMARY

A led sequence of set poses from Ashtanga Yoga Half Primary Series forges a dynamic practice by synchronizing breath & movement to generate internal heat. Ashtanga yoga vinyasa builds core strength and tones the body with extra emphasis on drishti, bandhas, and ujjayi pranayama.

yogapalace

**TUES &  
THURS**

—  
**9:30am**  
—

**Movement  
Breath  
Strength  
Focus**

—  
**Led Set  
Sequence**

**YOGA PALACE**

2717 North Proctor  
Tacoma, WA

[www.yogapalace.net](http://www.yogapalace.net)

Tuesday 9:30am  
Thursday 9:30am