



# Continuous Studies

with Paula Brown



This class is for students who want to deepen their practice, students who think they may be interested in teaching, and teachers. We will go over sequencing, proper alignment, use of props, and keeping students with ailments safe. In this class expect to teach in front of other students and give feed back on teaching instructions. You will learn which poses are appropriate for beginners and how to perform safe adjustments. Yoga philosophy will also be studied. This class will meet every 4-6 weeks and can be started at anytime. Contact Paula for more information [paula@bakersfielddyogaspace.com](mailto:paula@bakersfielddyogaspace.com)

The cost is the same as a 1 1/2 hour yoga class and all passes and memberships are accepted

**Sunday, September 12th**  
**4pm to 6pm**

1201 24th st. suite B100  
Bakersfield, CA 93301

[www.BakersfieldYogaSpace.com](http://www.BakersfieldYogaSpace.com)

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