



New SBY Tshirts, Tanks and Hoodies!



With the holiday season upon us, we have dozens of great gift items for your loved ones!

In addition to the new SBY t-shirts, tank tops, hoodies, we also have locally made scarves, hats, dog collars, dog leashes, yoga mats, massage balls, bracelets, necklaces, malas, and more!

Can't decide? Buy a gift certificate good for any of these products as well as classes.

Gift Certificates can be purchased for any amount towards classes or products at South Boston Yoga*

PURCHASE ONLINE



*Gift certificates can not be used towards bodywork or private

South Boston Yoga 200hr Teacher Training

South Boston Yoga 200hr Teacher Training w/ David Vendetti & Todd Skoglund

---> Early Bird Discount Deadline Extended to Jan 5th, 2017!<---



Select Weekends from February 3rd 2017 - June 18th 2017

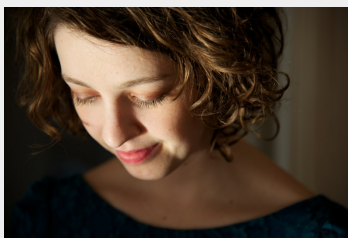
This compassionate and intensive training will give you the insight, experience and confidence to teach a powerful class to any level of student. Learn the anatomy and movement of the body in relation to injury and rehabilitation. Learn safe and purposeful sequencing, gentle yet well directed adjustments and verbal cues. Learn to guide the subtle flow of Prana, dive into meditative serenity and move from your intuitive and natural self.

This course will teach you how to guide your own students through a safe, stable and purposeful yoga class to any level. We will delve into the evolution of modern yoga incorporating anatomy, smart sequencing, fitness and nutrition with classical examination of the sutras, meditation, breath work (pranayama) and basic yoga philosophy.

For dates and more details, see: www.southbostonyoga.net/teachertraining.html

SIGN UP

This Weekend



The Amazing **Hannah Christianson** will be singing live for Savasana this Sunday Dec 18th for David's 9:15am All Levels Yoga Class.

Also, **free 10 minute chair massages** after the class with **Jamie Simpson**

New Years Events

New Years Eve Celebration w/ David Vendetti



Welcome 2017 with friends and family at South Boston Yoga's 10th Annual New Year's Eve Yoga Celebration! Join studio owner David Vendetti for a 2 hour celebratory yoga class combining yoga, meditation, reflection, and gratitude - the perfect recipe for manifesting a beautiful year to come.

*\$30adv/\$35door



SIGN UP

The Seasonal Yoga: Yin Holiday Edition w/ Ame Wren

Sat Dec 31st, 2-4:30pm

Yoga teaches us how to settle into our own space and observe what comes up. What better time to do that than during the hustle and bustle of the holiday season? This class will combine Yin and restorative yoga with meditation and reflection practices to bid farewell to 2016 and all of its joys and ills. Given the high-stress nature of holiday season and the impending cold of the winter, we will focus on the kidney and heart meridian lines.



Cost: \$35

SIGN UP

Stay Connected:



36 W Broadway | 1st & 3rd Floors | Boston
Questions? Call us! 617-315-7448