

In person-Gentle Yoga 4 class series

Monday 9:45-10:30am

10/17, 10/24, 10/31, 11/7 (must register)



Move with Ease

Build your tool
belt of health



Practice=Balance
on the mat and in
Life



Contact:
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servicing since 2005

**Tuition determined by # of students
\$100 base price +**

6 students@\$22, 5@\$26, 4@\$33, 3@\$44, 2@\$65

In person studies is a great way to come out into the world and feel nourished in a safe environment. The student will open pathways through movement, and breathe awareness. Self-confidence is revealed in experiencing postural alignment and Earth connection. **Leave rejuvenated!** www.gardenofyoga.net

1

INCREASE YOUR
STAMINA/ENERGY

2

FIND YOUR JOY
RELAX YOUR MIND

3

BUILD TRUST &
CONFIDENCE IN
SMALL COMMUNITY