

In person-Gentle Yoga 4 class series

Monday 9:45-10:30am

11/14, 11/28, 12/05, 12/12 (must register)



Move with Ease

**Build your tool
belt of health**



Practice=Balance
on the mat and in
Life



Contact:
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serving 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**