

# In person-Gentle Yoga 4 class series

Monday 9:45-10:30am

3/13, 3/20, 3/27, 4/03 (must register)



Move with Ease

Build your tool  
belt of health



Practice=Balance  
on the mat and in  
Life



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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](http://www.gardenofyoga.net)

1

INCREASE YOUR  
STAMINA/ENERGY

2

FIND YOUR JOY  
RELAX YOUR MIND

3

BUILD TRUST &  
CONFIDENCE IN  
SMALL COMMUNITY