

In person-Gentle Yoga End of Summer Series

Monday 9:45-10:30am

8/28, 9/11, 9/18, 9/25



Tuition \$100 for the series

registration & deposit due 8/24/23

class minimum 4 students

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**



Move with Ease

Commitment to
Yourself



Practice=Learning

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serving since
2005