

# In person-Gentle Yoga Fall Series

**Monday 9:45-10:30am**  
**10/23, 10/30, 11/06, 11/13**



**Tuition \$100 for the series**

**registration & deposit due 10/19/23**

**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](http://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