

YOGA101



This workshop is designed to educate the student about “all things yoga.” After the 5 week series, the participants will know basic hatha postures, the general history of yoga, health benefits, and what to expect in a traditional yoga class.

This class will be offered every Tuesday morning from 9:30 to 10:30 and every Tuesday evening from 6:45 to 7:45 Starting January 10th with the last class on February 7th.

The cost is only \$75 and includes enrollment in the 5 week morning or evening class and a new mat for you to keep!

For more information, or, to sign up,
call 970-352-1239, or email
krista@ssyoga.com today!

Call or e-mail with
questions or for
more information

sacred space
YOGA

Email krista@ssyoga.com
or call 970-352-1239

YOGA101

Sign up NOW! The cost is only \$75 and includes enrollment in the 5 week morning or evening class and **a new mat for you to keep!**

NAME

PHONE NUMBER

1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____
9	_____	_____
10	_____	_____
11	_____	_____
12	_____	_____
13	_____	_____
14	_____	_____
15	_____	_____
16	_____	_____

Call or e-mail with questions or for more information



Email krista@ssyoga.com or call 970-352-1239