

basic intro to yoga *for those new to yoga*



7151 WILTON STREET,
SEBASTOPOL, CA

February 27-April 3
Sundays 6:00 - 8:00 pm



Taught by Kashi Ananda, Senior Certified TriYoga Teacher

Have you been curious about yoga but maybe a little intimidated by walking into a class where students "seem" to know what they are doing? If so then this series

may be for you! We have designed the Intro to Yoga for you who are new to yoga and would like to improve the quality of your life with definitive results such as:

- Reduce muscle tension and pain
- Reduce anxiety, stress and relax the body
- Stimulate the release of endorphins
- Improve flexibility and physical strength
- Improve concentration and mental functions
- Improve decision-making and creativity

In this 6 week series, we will cover the Basics of TriYoga, a systematic proven method of yoga, which includes beginning yoga postures, breathing practices, concentration practices and meditation.

THIS 6 WEEK SERIES WILL INCLUDE 2 ADDITIONAL TRIYOGA CLASSES PER WEEK

To Register Send a Check
in the amount of \$225 to:
Devi Yoga Center
7151 Wilton Avenue, Suite 103
Sebastopol, Ca 95472

For further information contact:
Kashi at 707-318-6538
deviyogacenter@gmail.com



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