

Introduction to Yoga with Michael

Sunday 5/16/2010 3 - 5 pm

*Do you have an interest in Yoga,
but don't know where to start?
Do you have a friend or relative
who is interested in beginning a
Yoga practice? Have you tried a
class or two, but feel you need to re-start
with an introduction to the basics? Well
then, here is the class!*



*The class will include important
general information about Yoga
and safety, movement with breath,
the basic postures, and much more!*



Suggested donation \$20
For more information, call 818 224-3194



Pine Tree Circle
120 South Topanga Canyon Blvd, Topanga CA 90290