

HATHA YOGA . Feb 10 - Apr 14

...with Shelley Massa Gooch

wednesdays . 7- weeks . 6:00 – 7:15 am

YOGA – a union of mind and body ... linking breath with movement

Join Shelley at sunrise for a series of classes designed to improve range of motion and increase your overall strength. This series is appropriate for ALL LEVELS of students including BEGINNERS (6 mo. exp. recommended). Postures will be adapted to meet individual's needs.

As always, students will be encouraged to listen and follow their internal teacher.

Space is limited & priority will be given to students that commit to entire series.

Cancellation Policy: *With 24 hour notice prior to the beginning of the series, cancellations may be credited toward another series, with less than 24 hour notice, cancellations are not refundable. There are no make-ups.*

NO CLASS MARCH 10, 17, 24

805.441.4003

www.into-balance.com

intobalance@sbcglobal.net

SERIES \$90 DROP-IN \$15



HATHA YOGA series

body therapy center . 2005 9th suite A . los osos . 805 441 4003

HATHA YOGA series registration form

Please send check and registration to Shelley Massa Gooch . 596 Henrietta Avenue . Los Osos . CA . 93402

Name

Address

Phone

E.Mail

Amount enclosed \$

\$90/7- week series

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