

# YOGA GENTLY . Feb 14 - Apr 4

...with Shelley Massa Gooch



## SUNDAYS . 7-Weeks . 9:00 – 10:30 am

YOGA GENTLY will focus on moving your body mindfully. Students will learn techniques to utilize breath and quiet the mind. This series is suitable for ALL LEVEL students; BEGINNERS and individuals working with injuries are welcome. A blend of standing, balancing, twisting and folding poses will be introduced.

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.

805.441.4003  
www.into-balance.com  
intobalance@sbcglobal.net

**NO CLASS MARCH 21**      **SERIES/\$90**      **DROP-IN/\$15**  
**GUEST TEACHER, CATHERINE HALCOMB LA BARBERA MARCH 7, 14, & 28**

### YOGA GENTLY series

body therapy center . 2005 9<sup>th</sup> suite A . los osos . 805 441 4003

### YOGA GENTLY 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**  
805.441.4003