



Yes Yoga at Pathways

presented by Eva Rosenkranz

Yoga is much more than a gentle, non-competitive health and wellness program which helps you become more limber and flexible. It will increase your focus, reduce your stress level, rejuvenate body and mind and allow your body to relax and meditate more deeply. At its best, it brings about the union of body, mind and spirit and supports you in letting your light shine.

We'll start Saturday, June 14, 2008 at 9:00 - 10:15 am.

It is designed as a basic/beginner's class. No prior knowledge is required.

Please wear comfortable, non-restricting clothes, and bring a blanket, a beach towel or, if possible, a yoga mat. A very limited number of yoga mats are available.

The monthly fee will be \$ 40.00 for friends and members of Pathways and \$ 50.00 for anyone else. Drop-in charges are \$ 15.00 per lesson.

For questions, please contact me at ev Rosenkranz@tx.rr.com.

I hope to see you on the 14th!