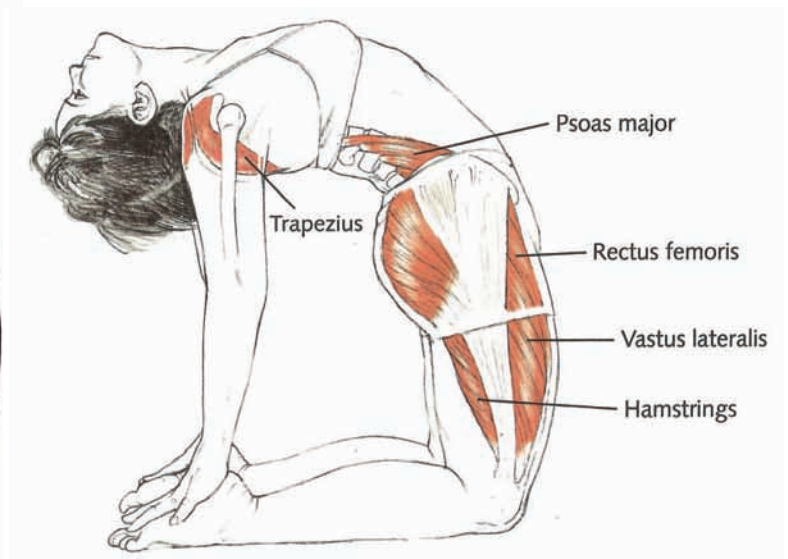


EVENING WORKSHOP ANATOMY & YOGA

with Catherine Halcomb LaBarbera

AUGUST 20, 2010 5:30-8:00PM, \$25



Join Catherine @ the Yoga Shala for an inspiring look at Yoga from the inside out. This class will discuss the inner workings of Asana and how certain sequences can target the most common obstructions in the body. We will take a muscular-skeletal view to the work in class and discuss - correct positioning and action within the practice. Be prepared to engage in yoga practice and discussion. Feel free to bring a note pad.

This class is recommended for All Levels of student, teachers and beginners welcome!

yogashala | 205 windward | shell beach | 93449 | 556-0413 | www.yogashalaslo.com

CANCELLATION POLICY: With 24 hours notice prior to the beginning of the series, cancellations may be credited toward another Series. With less than 24 hours notice, cancellations are non-refundable. There are no make-ups.



anatomy & yoga | workshop | aug 20, 2010 | cost: \$25

Please return checks to Yoga Shala:

Please send checks to: P.O. Box 3110 Shell beach CA 93448

name _____

state _____ zip _____

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