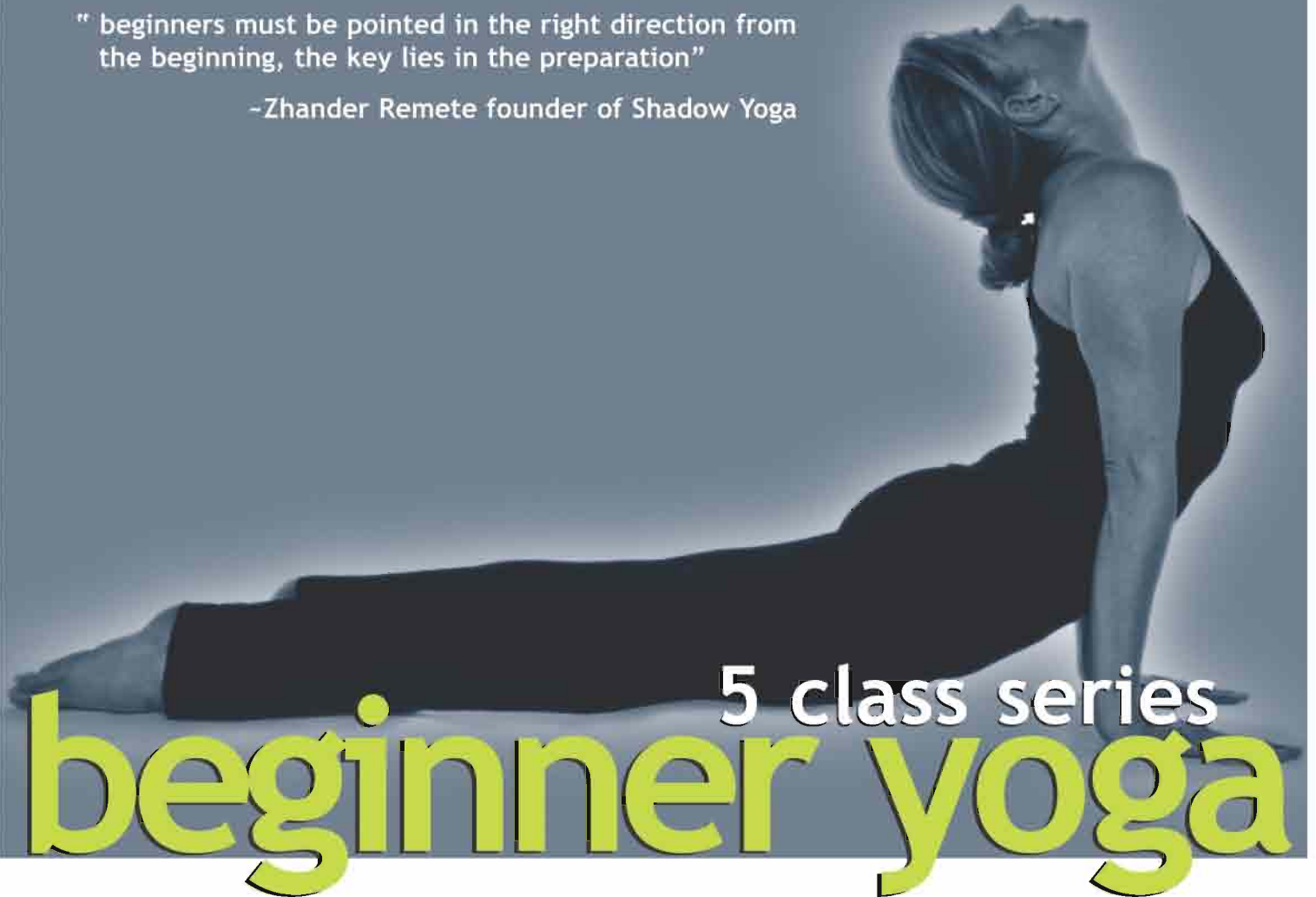


THURSDAYS, July 17 - August 21

NOTE: NO CLASS AUGUST 7 6:00-7:15pm \$60

"beginners must be pointed in the right direction from the beginning, the key lies in the preparation"

-Zhander Remete founder of Shadow Yoga



Join Catherine & Shelley for the Beginner Yoga Series.

Learn to build your yoga practice from the ground up. This series will introduce breathing, build strength, increase flexibility, reduce stress, teach alignment foundation, and discuss injury prevention.

Set the path for a healthy and inspiring yoga practice. The Beginner Yoga series is designed for those new to yoga, beginners who want to ground the practice, and for experienced students wanting a refresher course in the foundation of yoga. No yoga experience required.

**yogashala** | 205 windward | shell beach | 93449 | 556-0413 | [www.catherineyoga.com](http://www.catherineyoga.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.



beginner yoga | thurs | July 17 - Aug 21 (no class aug 7) | cost: \$60

Please return checks to Catherine Halcomb:  
P.O. Box 13303, San Luis Obispo, Ca 93406

name \_\_\_\_\_

state \_\_\_\_\_ zip \_\_\_\_\_

street/p.o. box \_\_\_\_\_

email \_\_\_\_\_

city \_\_\_\_\_

phone \_\_\_\_\_