

8 Week Series, \$120

4:30-5:45pm

TUESDAYS

Mar 2 - Apr 20

or

THURSDAYS

Mar 4 - April 22

8 class series

shadow yoga

Balakrama-stepping into strength- REVISED PRELUDE! all levels welcome

Builds strength and stamina making the core of the body firm while removing stiffness in the joints. Uddiyana Bandha is introduced. Recommended for beginners and students coming from other forms of yoga. Classes are taught by Catherine Halcomb-LaBarbera. www.catherineyoga.com

Shadow yoga is taught in a series class style where students learn one of the four prelude forms of Shadow Yoga. Students are introduced to each stance, warrior form and sun form until the sequence comes alive. This systematic way of learning leaves the student with the understanding and skills necessary to move toward a more powerful and effective yoga practice. More info www.shadowyoga.com

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



shadow yoga | tues 3/2-4/20 or thurs 3/4-4/22 | cost: \$120

Please return checks to Catherine Halcomb:

P.O. Box 3110, Shell Beach, Ca 93448

name _____

state _____ zip _____

street/p.o. box _____

email _____

city _____

phone _____