

TUESDAYS OR THURSDAYS

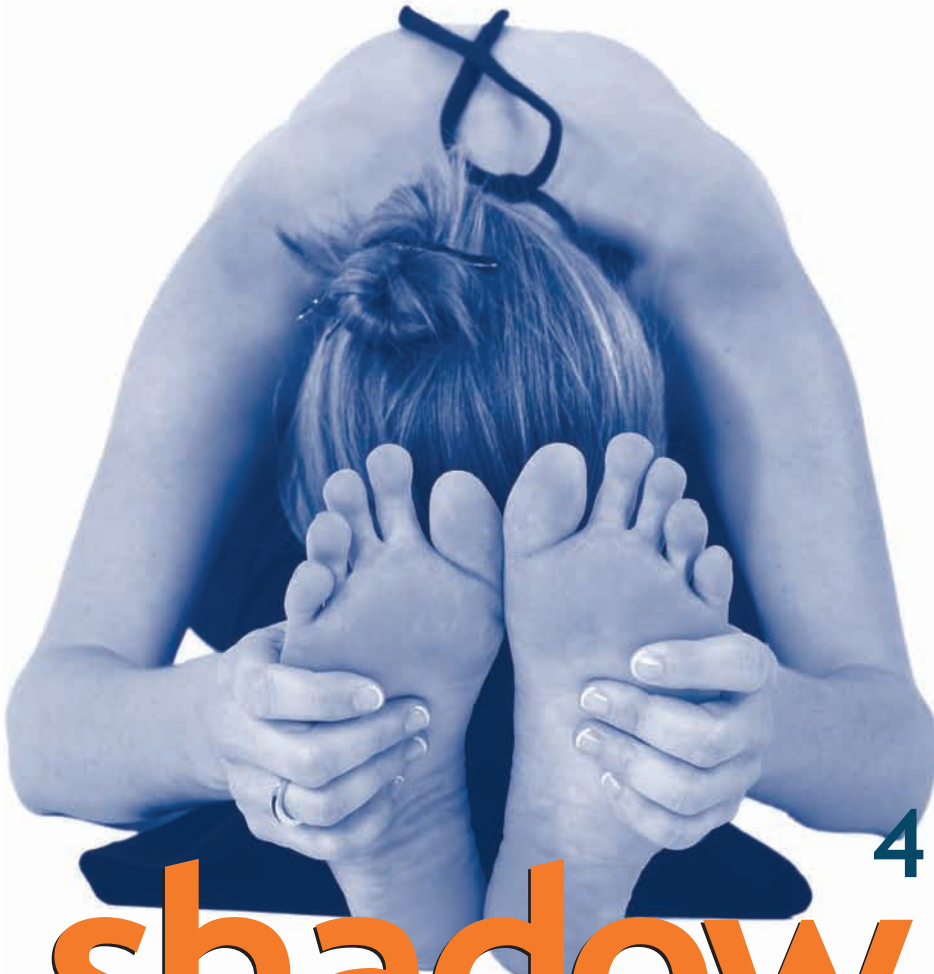
**Tuesdays,
August 10 - 31**

4:30-5:45pm \$60

OR

**Thursdays
Aug 12 - Sept 2**

4:30-5:45pm \$60



4 week series

shadow yoga

Chaya Yoddha Sanchalanam - moving the shadow

This flowing and spiraling form refines the breath, frees the structure of obstruction and enhances the life force. Classes are taught by Catherine Halcomb-LaBarbera.

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, effective and enjoyable yoga practice.

For more information regarding Shadow Yoga in SLO see www.catherineyoga.com

yogashala | 205 windward | shell beach | 93449 | 556-0413 | 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.



shadow yoga with catherine | tues, \$60 | thur, \$60 | both \$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 _____