



**Wednesday Intermediate/Advanced Yoga Class  
RETURNS SEPTEMBER 6TH  
5:30-7:00PM**

For those seeking to get better acquainted with themselves mind, body & spirit. How amazing with ALL the daily changes within ourselves & outside ourselves that we can use asanas to come to center, listen within for the hints that ARE there to guide us in care taking & choices for our body, mind & spirit. Fantastic how each asana yoga pose invites strengthening, stability, full range of movement & balance!  
Come & meet yourself.

**Registration is happening NOW!**

**Intermediate/Advanced Yoga Wednesdays 5:30-7 pm**

An opportunity for deeper practice for dedicated yoga students. This challenging class introduces inversions, backbends & flows. Designed for students with a *minimum of six months of yoga experience*. Receive support & practice with other dedicated students. Astanga, Vinyasa, & Iyengar flows will be explored as well as pranayama practices. Instructor approval required - please contact Holiday.

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