



## Focus Classes

### How to Practice

February 25

1:00 – 4:00 pm

## How To Practice

This class will help you identify personal barriers to practicing yoga, give guidelines for how to stay in the present and practice safely, as well as teach how to use the swatchbook of poses (included in price) and develop a sequence. Six months yoga experience required. Pre-registration is necessary by February 17, minimum six participants.

Sunday, February 25

1:00 - 4:00 pm

Pam Lindberg \$65/class (includes \$25 for materials)



Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

February 25 \_\_\_\_\_ Total Enclosed: \_\_\_\_\_ (Make checks to The Yoga Space)

Pre-registration by February 17. Minimum 6 students.