

Three-Month Yoga Challenge

www.YogaPlot.com

- the challenge -

Month 1: 30 mins for \$30 (3 weekly classes)

Self-awakening Yoga(gentle floor stretching)/alignment awareness

Month 2: 45 mins for \$45 (3 weekly classes)

Adding flow/balancing postures

Month 3: 60 mins for \$60 (2 weekly classes)

Adding ground/inversion postures

- the approach -

Start where it feels good

That means making it comfortable and easy for you.

I'll come to you; you just show up.

THAT'S IT!

***ALL CLASSES INCORPORATE
BREATHING/MEDITATION PRACTICE***

*BREATHE RELAX FEEL WATCH ALLOW
Just as science says experiment, yoga says experience*



I teach it because I live it

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