Three-Month Yoga Challenge

www.YogaPlot.com

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

- 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

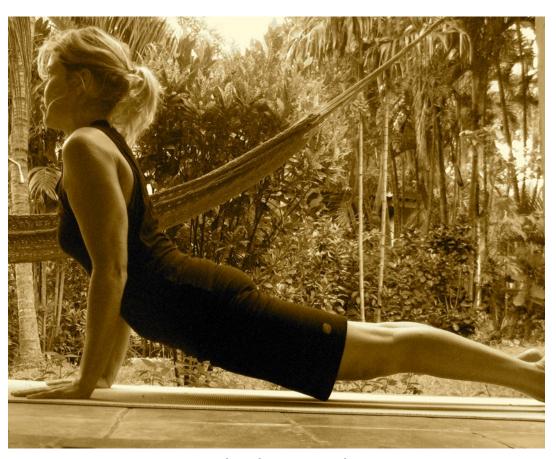
- the approach - Start where it feels good

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



I teach it because I live it <u>kath@YogaPlot.com</u> 416-827-7807