



Be Ready for Spring with Yoga! Yoga 101

Perfect for anyone who is new to yoga!

Yoga 101 Workshop provides a solid foundation in the essential yoga poses. Each session builds on the previous week's class, allowing you to absorb and apply what you have learned so that you'll feel prepared for our ongoing classes.

Get a thorough introduction to yoga in the company of other brand new beginners as you look in-depth at the most commonly practiced poses, and take advantage of the opportunity to ask any questions you may have.

Yoga 101 is the place to build your yoga foundation in a structured six-week workshop setting.

***Six Saturdays March 3 through April 7
10:30-Noon***

***to ensure you get the attention you deserve
Yoga 101 is prepaid registration only***

***\$95 Cash check or paypal on website
Please bring a yoga mat***

Just Breathe Yoga
Heritage Commons
2531 Division Street
Suite 103
Joliet, IL.

Call or email to Register: space is limited!

Jill 815-545-7144 or Jill@just-breatheyoga.com

www.just-breatheyoga.com