

# YOGA INTENSE

Every first Friday of the month

Beginning Fr. Dec. 3<sup>rd</sup>, 2010  
7 pm – 9 pm

Come to this intensive Yoga experience, practicing 1,5 hours of Hatha Vinyasa Yoga and 0,5 hour Meditation.

The session will be once a month and all sessions can be attended independently from each other as a drop in. Each session is \$ 15.

Experience the toning, stretching and calming effect of Yoga, combined with relaxation and meditation.

All levels welcome. Wear comfortable clothes in layers and bring your own Yoga equipment, as you have it. There are Yoga mats, blocks and straps. Don't forget your water.

The dates are as follows:

Fr. Dec. 3<sup>rd</sup>, 2010

Fr. Jan. 14<sup>th</sup>, 2011 please notice, that this is the 2<sup>nd</sup> Fr. of the month

Fr. Feb. 4<sup>th</sup>, 2011

Fr. Mar. 4<sup>th</sup>, 2011

Fr. Apr. 1<sup>st</sup>, 2011

Fr. May 6<sup>th</sup>, 2011

Please contact Ursula, if you decided to attend.

*Namaste*



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