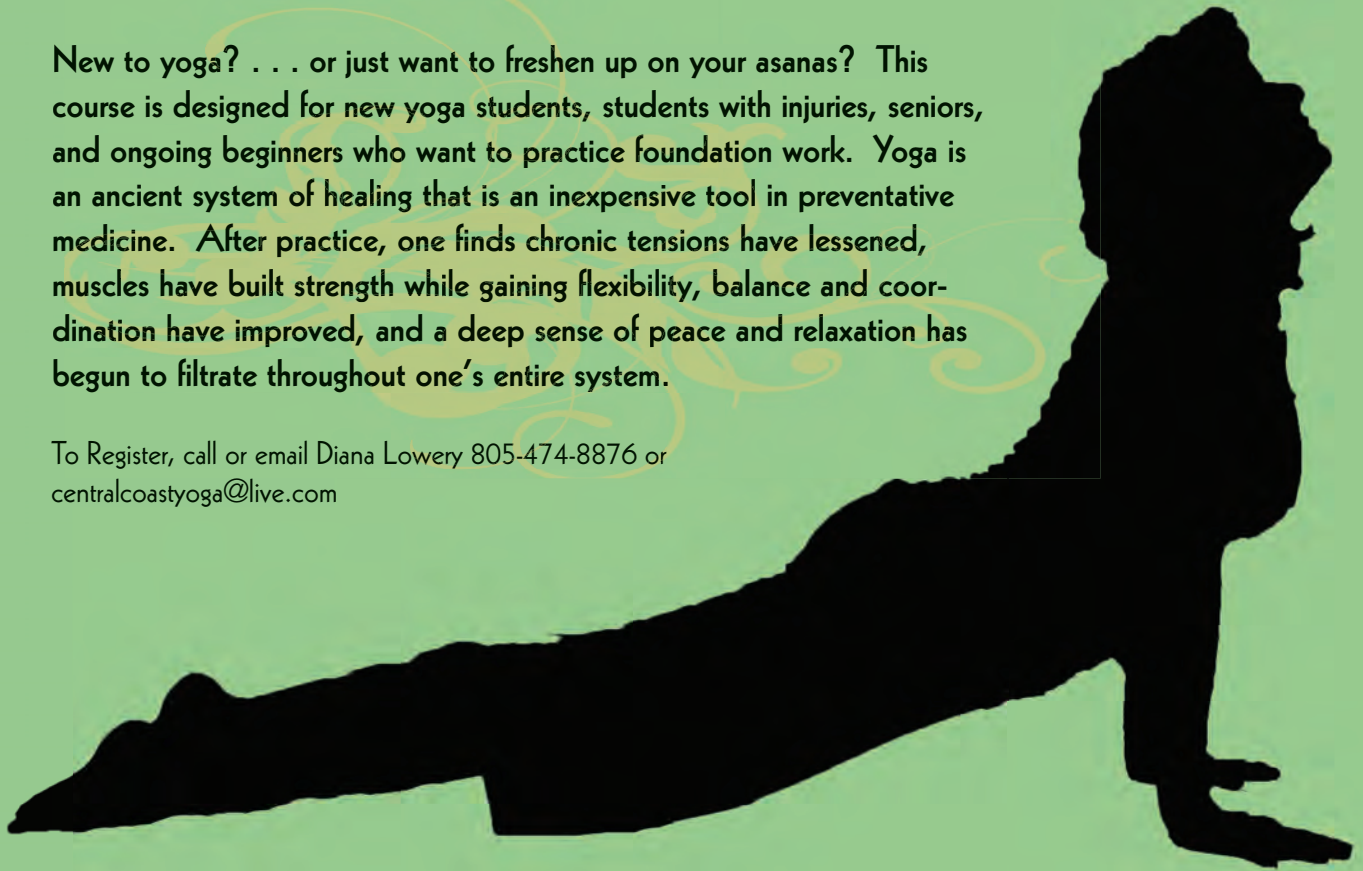


INTRO TO YOGA

with **Cindy Cleveland**, 4-week series

New to yoga? . . . or just want to freshen up on your asanas? This course is designed for new yoga students, students with injuries, seniors, and ongoing beginners who want to practice foundation work. Yoga is an ancient system of healing that is an inexpensive tool in preventative medicine. After practice, one finds chronic tensions have lessened, muscles have built strength while gaining flexibility, balance and coordination have improved, and a deep sense of peace and relaxation has begun to filtrate throughout one's entire system.

To Register, call or email Diana Lowery 805-474-8876 or centralcoastyoga@live.com



Wednesdays Oct 14, 21, 28, Nov 4 7:15 – 8:15 p.m. \$60/series

(Anyone registered for the series will receive a 10% discount on all yoga mats in the Central Coast Yoga store.)



This 4-week series is taught by Cindy Cleveland who has been practicing yoga for over 20 years after having back surgery. She is a registered yoga teacher (Yoga Alliance, 200 hours) who has studied in Yin, Iyengar, Shadow, and Ashtanga styles of yoga. www.CindyYoga.ClevelandCreations.com

Central Coast Yoga
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(on the corner of Halcyon & E. Grand)
Arroyo Grande

www.CentralCoastYoga.com

