

Workshop Information

WHO IS THIS FOR

If you are new to yoga, curious about yoga or just want to refine your practice – it's for you.

WHERE

Yoga Gallery
7941 Santa Fe Drive
Overland Park, KS 66204

WHEN

Begins Saturday, 1/14/2012, running 6 consecutive weekends from 1:00 to 2:30 pm each session through Saturday, 2/18/2012.

WHAT TO WEAR

Comfortable, stretchy clothes. A shirt that fits close or can be tucked in so it will not fall over your head when you bend forward!

WHAT TO BRING

- A yoga mat. Studio mats are available, but we recommend you have your own mat.
- Water (optional)
- Towel (optional)

Price

\$75 per person

REGISTRATION

Register on-line at yogallery.com (see events page) or at the studio.

WORKSHOP LEADER

Patti Fuhrman, Executive Director, of the Yoga Gallery will be leading this series of workshops. Patti has extensive experience working with beginning yoga students and is passionate about teaching yoga and seeing people's bodies and lives transform. Assisted by Carrie Hohl.



QUESTIONS

Email your questions to info@yogallery.com

Intro to Yoga 6-Week Beginner Series

Introduce yoga into
your life with the
New Year

- Find out why yoga should be a part of your life
 - Stretch your body
 - Relax your mind

Learn the basics of yoga in a small group setting with the same teachers for the entire series. Perfect to learn the fundamentals of a safe and rewarding practice and great for people who want to learn sequentially. Focus will be on having fun, learning proper alignment and experiencing the joy of yoga. Six (6) weeks on Saturday afternoons from 1:00 to 2:30 pm. Begins 1/14/12 through 2/18/12.

Yoga Gallery, LLC

7941 Santa Fe Drive
Overland Park, KS 66204 | 913-432-5568
www.yogallery.com



Studio / Mail-in Registration

Intro to Yoga – 6-Week Beginner Series

Saturdays 1:00–2:30 pm 1/14 – 2/18/2012

Name _____

Phone Number _____

Email _____

Address _____

Cash / Check / Major Credit Cards Accepted:

Visa

MasterCard

Discover

American Express

Card# _____

Exp Date ____/____