

Intro to Yoga



*with
Vilma Zaleskaite*

Saturday, September 25
2.00 -4.00 pm

Have you thought of taking a yoga class, but are not sure what's involved?

This workshop will address your questions and introduce you to some simple yoga poses so that you will feel comfortable taking a basic yoga class.

\$15 if paid by Sept. 22; \$30 after
(minimum 5 participants for workshop to happen by Sept. 23)

the yoga project

1229 SE Nehalem St. Portland, Oregon 97202 (13th & Nehalem - behind Grand Central Bakery)

www.theyogaproject.org • 503.235.1155