

YOGA

3

WINTER WORKSHOPS

JAN. 15TH GROUNDING

FEB. 12TH DEEPENING

MAR. 18TH SOARING

Sundays 1-3:30pm

With

Kelly Baraby and
Kim Schleicher

All 3 Classes \$75 or
\$30 per class

Registration required:

Kelly-431-0809

Kim-431-6780

All Levels Welcome

Dancing Lotus Center.

40 North Last Chance Gulch



Jan. 15th, Grounding:

Moving in poses supported in ease. Pranayama, meditation & restoration.

Feb. 12th, Deepening:

Subtle aspects of postures that access the stillness available. Pranayama, meditation & restoration.

March 18th, Soaring:

Postures from a place of joy and self love with our base of grounded strength and stillness.

