

Hatha Yoga

A Feast for Body and Soul!

Wednesdays

6:00 to 7:15 PM

Come join certified yoga instructor Kathleen Neff...in a magical journey for body and soul! We'll begin with Hatha Yoga for the body...where deep, slow stretching and breathing will open and release all your stuck places. Kathleen's yoga is gentle and loving with an emphasis on mindful body movement.

Each Class: \$10.00 or \$35.00 for 4 weeks

FIRST CLASS ALWAYS FREE!

Wear comfortable clothes: bring your Yoga mat and a blanket

Questions? Call Kathleen at 530-417-2307

Journey Center

3976 Durock Rd. #105, Shingle Springs CA

530-676-8064

