



Yoga and Health

Improving the health of individuals, families, groups and the community

Foundations of Yoga Practice

Starting Saturday April 3rd, 2010

8:45—10:15 a.m.

At the Community Yoga Center

310 Mary Street, San Marcos Texas

The Foundations of Yoga Practice is an eight week course designed to help you practice yoga safely and independently. You will learn gentle yoga movements to improve strength and flexibility, breathing exercises, meditation and therapeutic relaxation.

The Instructor is Cindy von Miller, a Registered Nurse and Certified Yoga Therapist.

The course fee is \$125.00 and includes a 48 page instruction manual and audio CD. If you cannot afford the fee, but would like to participate please contact Cindy at 512-754-9764 to find out if you qualify for a class voucher.

For more information, visit us at
www.Yoga-and-Health.org