

CLASSIC YOGA



Gentle form of Yoga taught in the style
of T.K.V. Desikachar.

No previous Yoga experience is necessary.
Appropriate for most individuals regardless
of physical capability or age.

Instructor has ten years experience and
1500 hours of training in Yoga and Yoga Therapy,
including studies in India.

SOME BENEFITS OF CLASSIC YOGA

- *reduce stress levels*
- *improve ability to concentrate*
- *experience a more relaxed state of mind*
 - *learn simple techniques for stress management, relaxation and renewal*
 - *improve self-awareness*

415.200.9825

www.classicyoga.net

WHEN AND WHERE:

Saturday Mornings
9:00-10:00 a.m.

Sanchez Street Studios
1589 Sanchez St. @ 29th

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Wednesday Evenings
7:00-8:00 p.m.

Healing Yoga Foundation
3620 Buchanan Street
(btw Northpoint and Bay)

drop-in/ \$14.00,
4 classes for \$52.00
8 classes for \$96.00

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Marcel Allbritton, Ph.D.
Yoga Teacher, Yoga Therapist
marcel@classicyoga.net