

# HATHA YOGA CLASS

OFFERED AT

COMMON LIGHT MEETINGPLACE

137 CENTER AVENUE

BLACK MOUNTAIN, NC




WHEN: MONDAY, 3:00-4:30 PM

BEGINNING SEPTEMBER 17, 2007

COST: \$10      MULTI-LEVEL



STRETCH, STRENGTHEN, RELAX AND REVITALIZE YOUR BODY AND MIND WITH HATHA YOGA POSTURES, BREATH WORK, AND MINDFULNESS MEDITATION. DEVELOP COMPASSIONATE SELF-AWARENESS, INCREASED ENERGY, AND BALANCE THROUGH THE JOY OF YOGA.



INSTRUCTORS: DRU FAVALI, BS RN LMT CYT, AND BAMBI FAVALI, LMT, CYT HAVE BEEN PRACTICING YOGA FOR OVER 30 YEARS AND TEACHING FOR 20. THEY HOLD CERTIFICATIONS WITH SPIRIT SPRINGS YOGA CENTER IN FLORIDA AND ADVANCED TRAINING WITH YOGI AMRIT DESAI OF AMRIT YOGA. THEY ARE MEMBERS OF THE SPIRIT SPRINGS YOGA TEACHERS ASSOCIATION.

CALL: 299-7926 FOR INFO. AND REGISTER