



# YOGA SOUP SATURDAYS

## Schedule of Classes for Summer

July 5 **NO CLASS**

July 12, Prem Siri Kaur

July 19, Kent Bond

July 26, Giselle Mari

August 2, Shawn McCracken

August 9, Michelle Duguay

August 16, Jenny Niklaus

August 23, Jeff Lang

August 30, Kent Bond

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*Come join some of the South Bay's most gifted yoga instructors for a 2-hour intermediate/ advanced yoga class at Willow Glen Yoga.*

*Instructors will share their expertise in Yoga Asana, Pranayama, Meditation, and much more.*