



# WILLOW GLEN YOGA

A Center for All Levels of Practice

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## BEGINNER'S YOGA WORKSHOP An Inquiry Into the Basics



Saturday April 12th, 2008  
1:00 - 4:00 pm

\$40 pre-reg\* / \$50 day of  
\*Must pre-pay for pre-reg

Are you looking for a way to relax or relieve tension? Heal from injuries or illness? Or maybe seeking motivation and inspiration to start, or continue your yoga practice? Then this workshop is a perfect place to start!

This workshop will cover the fundamentals of yoga: background, philosophy, and research behind how and why yoga works. We will teach you breathing essentials, along with the postures and their alignment through basic stretches, balancing poses, strengthening exercises and relaxation techniques.

Experience the power of yoga, meditation, and breathing techniques to support and strengthen your health and vitality. Receive detailed instruction and guidance on how to bring these time-tested tools into your daily life. Leave feeling renewed and rejuvenated.

**Class size is limited and fills up fast**

For more information  
&  
Registration

Call: **408-289-YOGA (9642)**  
or  
Go to: **[www.willowglenyoga.com](http://www.willowglenyoga.com)**