

Svaroopa® Yoga Home Practice Series

Balanced & Whole Wellness Center

Saturday 9:30 to 11:00
Starts February 13th, 2010

Preregistration required

contact Janis or go to
www.jayayoga.net/classes.html to

JANIS M DESMOND
RYT500, CSYT

REGISTERED YOGA TEACHER

CERTIFIED *SVAROOPA*® YOGA
TEACHER

YOGA THERAPIST

EMBODYMENT® YOGA
THERAPIST

Balanced & Whole Wellness Center
2 blocks from the Hollywood Library
4423 NE Tillamook Street

Phone: 503 282 9633
web site www.jayayoga.net
Email: janis@jayayoga.net



Alternate Leg Pose

Shavasana—yoga's relaxation pose



2010's theme is "Do More Yoga"

4 classes

4 sequences up the spine

Tailbone

Sacrum

Waist

Rib Cage

Each part of the spine is released, in sequence using reliable, simple poses.

\$50

Feb. 13th through March 13th—no class on

March 6th

Includes

- Handouts
- Pose repetition
- A simple breathing practice
- Shavasana—a guided awareness
- Inspiration
- Effective yoga tools