



SHADOW YOGA BASICS

:the prelude forms levels 1 & 2

Students will learn one of three preludes and the beginning forward bends and seats. This course is for anyone who has attended a Shadow Yoga Prep class. Beginners welcome.

Shadow Yoga integrates the common principles shared by yoga asana, martial arts, dance, and the Ayurveda and Siddha systems.

may 20 - june 25
5 week series \$75
mondays 5:00 - 6:15 pm

Body Therapy Center . 2005 ninth street , los osos
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