

HELP YOURSELF

EMPOWER YOURSELF

BE YOURSELF

Paducah Yoga Center Welcomes Back Boulder Colorado's Ashtanga Yogini

ASHA WOLF^{DPT}

NOV. 14-16 2008

PRE-PAID
REGISTRATION DUE

OCTOBER 31

Mail to: Paducah Yoga Center
627 Broadway Suite B
Paducah, KY 42001
270-575-0211

FRIDAY 6PM-8PM
INTRODUCTION TO

Classical Ashtanga Vinyasa Yoga

SATURDAY 9:30AM-12PM

PRIMARY SERIES Part I

SUN SALUTATIONS • STANDING & SEATED POSTURES

SATURDAY 2PM-4:30PM

PRIMARY SERIES Part II

REMAINING SEATED POSTURES • FINISHING SEQUENCE

SUNDAY 10AM-12:30PM

FULL PRIMARY SERIES

ASTAUGHT BY SRI PATTABHI JOIS

• all levels welcome •

COMPLETE WORKSHOP \$150

Introduction \$45

Primary Series Part I \$45

Part II & Full Primary Series with Full Registration Only

PADUCAH YOGA CENTER

7TH & BROADWAY DOWNTOWN PADUCAH
270-575-0211 www.paducahyogacenter.com

