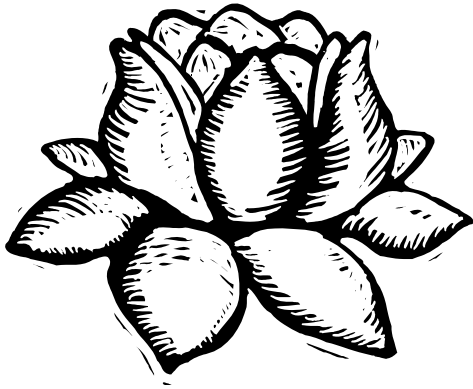


Yoga Basics with Dawn Shay

RYT500, Anusara-Inspired™

Move Well, Breathe Well, Be Well!

At www.jacksonvilleyoga.com



Thursdays, April 15—June 3

6:15 -7:15 p.m.—Yoga Basics

8—week series - \$88 if paid by 4/8/10, after \$96

www.InspiredHeartYoga.com

Class Location: 391 3rd Ave. South, Jax Beach

Questions? Call Dawn Shay 476 - 5004 or email her at ddshay1@gmail.com

Strengthen—Stretch —Open!

A growing number of medical professionals are encouraging patients to participate in mind/body classes such as Yoga. One of the tremendous benefits of Yoga is that the work builds on itself over time.

Yoga Basics -This class is appropriate for those with a manageable injury or special condition and those looking to continue building their full yoga practice. We adhere to the foundational work of YogaISC so appropriate props will be offered for each student as needed. We offer variations of all poses so that you can find a variation that will allow you to express your pose to the fullest! Our practice also focuses on breath work, including sandbag breathing.

Dawn Shay, RYT500, Anusara-Inspired™ has been practicing and enjoying the fruits of yoga for 10 years and teaching for 8 years. Dawn was drawn to yoga for its power to heal her physically, mentally & spiritually. She enjoys sharing the therapeutic benefits of yoga in a safe, fun, and caring environment. To learn more about Dawn, visit her website at www.InspiredHeartYoga.com or www.YogaISC.com. You may also email her at ddshay1@gmail.com or call her at 476-5004.

Yoga Basics SPRING Series Registration Form

Name:

Address:

Phone:

Email:

Space reserved when payment received. Please mail the lower portion of this form along with your **check payable to Dawn Shay**. Mail to:

Dawn Shay
2338 Oceanwalk Dr. W.
Atlantic Beach, FL 32233

6:15pm Yoga Basics—8 classes in 8 weeks for \$88.
If space available, late registration increases 4/8/10 to \$96.

You will receive confirmation of your registration.
Refunds with 24 hour notice prior to Series start, less \$20 processing fee.
Returned check fee \$20.