

Anusara-Inspired™ Yoga One

with Dawn Shay

Move Well, Breathe Well, Be Well!

At Shine Holistic Wellness Center—www.shinewellness.net



WINTER SERIES—Wednesdays, Jan 12—March 30

6:15 -7:15 p.m.—Yoga One

No class on Feb 9th & Feb 23rd.

10—week series - \$150 (10 Class Punch card good for 90 days and for any open class at Shine!)

Questions? Call Dawn Shay 476-5004 or email her at ddshay1@gmail.com or call Nina Montone @ Shine 716-7057

♥Beat the Winter Blues with Yoga!♥

Open your Body, Open your Mind, and Open your Heart with the practice of Yoga! We will use the Anusara™ Yoga Universal Principles of Alignment™ to align and open our bodies physically and energetically. Learn to apply these principles to your own body and your own practice so you breathe better, move better and feel better!♥

Yoga Basics –New to yoga or looking to build on your current yoga practice? Then this is the class for you! This class is appropriate for those with a manageable injury or special condition. 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!

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. To learn more—go to www.InspiredHeartYoga.com or www.YogaISC.com. For more on Anusara—www.anusara.com.

Anusara Inspired™ Yoga One WINTER Series Registration Form

Name:

Address:

Phone:

Email:

Class size is limited. Space reserved when payment received. Please mail the lower portion of this form along with your **check payable to Nina Montone**. Mail to:

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

6:15pm Yoga One —10 classes in 10 weeks for \$150.
10 class punch card good for 90 days! You can use for other classes on the Shine schedule!

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