

YogaISC Fundamentals

slow it down, break it down & truly teach it®



Jacksonville Yoga, 391 3rd Ave. South, Jax Beach

www.YogaISC.com

For more detailed directions & a map, visit www.YogaISC.com.

Questions? Call Instructors Lisa Long 699 - 2230 or Dawn Shay 476 - 5004.

Learn how to feel even better! Medical professionals are encouraging patients to participate in mind/body classes such as yoga. Yoga can be extremely effective when practiced therapeutically. Classes taught by highly trained teachers. Both Lisa Long & Dawn Shay are registered RYT® 500 & designated Anusara-Inspired®.

Tuesday, **January 5** - 6:15 - 7:30 p.m.

Moving from Center w/Lisa

Sunday, **January 17** - 3:15 - 4:30 p.m.

Feet & Foundation w/Dawn

Sunday, **January 24** - 3:15 - 4:30 p.m.

Stability & Mobility w/Lisa

Sunday, **January 31** - 3:15 - 4:30 p.m.

Length & Strength w/Dawn

Sunday, **February 21** - 3:15 - 4:30 p.m.

Supported & Open w/Dawn

Sunday, **February 28** - 3:15 - 4:30 p.m.

Using Your Head w/Lisa

Pricing

All 6 classes for \$70

Any 5 for \$60

4 for \$50

3 for \$40

2 for \$30

1 for \$20

For specifics about the Fundamentals Series,

please visit

www.YogaISC.com

Please feel welcome to bring your own mat & water. Participants must be able to get up and down from the floor.

Checks payable to Dawn Shay
and mailed to:

2338 Oceanwalk Dr. West
Atlantic Beach, FL 32233

Class size limited to 20 participants. Space reserved when payment received. First come, first served. Walk Ins if space available - \$20. Returned check fee \$25 plus bank charges. Refund within 24 hour notice, less \$5 processing fee. Make ups in this series only.

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Total amount enclosed: _____ Circle dates. January 5, January 17, January 24, January 31, February 21, February 28