



# Intro to Yoga with Yvonne

Jan. 16 – Feb. 8, 2011 **Open to All Levels!**  
Mondays and Wednesdays, 6:15 – 7:15pm

The Intro to Yoga Series is designed specifically to provide new and continuing students an opportunity to build a foundation of postures, breath and technique, and to begin to work towards their own daily yoga practice.

Ideal for those with little or no yoga experience, or for those who want to refine their practices, the Series builds on each lesson to engender a sense of confidence and self-reliance in the student who wants to make yoga an integral part of their physical and mental fitness routine.

## **\$99 for 8 classes!**

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Name \_\_\_\_\_ Phone \_\_\_\_\_ Intro JAN 12  
Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Amount enclosed \_\_\_\_\_

Please call or visit us to pay by Credit Card or make Checks payable to: **UpDog Yoga**.  
Call 248-608-6668 or visit [www.UpDogYoga.com](http://www.UpDogYoga.com) for more info.

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