



Intro to Yoga with Pat Singh

July 19 – August 11, 2010

Mondays and Wednesdays, 7–8 pm

Open to All Levels!

The Intro to Yoga Series (Level I) 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 weeks!

Name _____ Phone _____ Intro Jul10
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 for more info.

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