

Yoga Vinyasa

with Jeanette

# Yoga 101

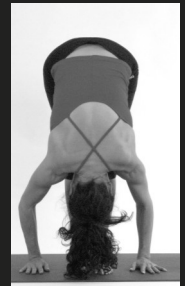
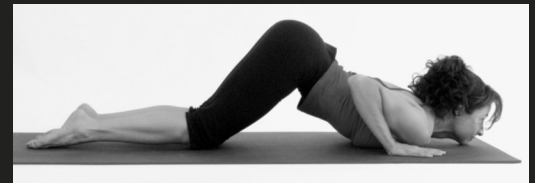
## Learn the basics!

**Sunday Jan. 3, 2010**

**11:30—1:00**

**The Center for Yoga and Personal Growth**

716 Capitola Ave. Suite I and Plum St.



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Drop-in \$15.00

\$12.00 if pre-registered  
by Dec. 30th.

Send registration  
request to [jlehouillier@  
surfnetc.com](mailto:jlehouillier@surfnetc.com).

Please include your  
name, a daytime phone  
and a valid email.

## Start the new year right!

Yoga 101 is a great way to learn the basics of Vinyasa Flow Yoga whether new to yoga or just needing a basics refresher. Here we explore the basic elements of flowing yoga, including sun salutations, standing, balancing, twisting, forward bending and back bending postures as well as developing conscious breath and an introduction to bandhas. This class is a combination yoga class/workshop with individualized attention to help students gain an understanding of the fundamentals.